

Hello my dear reader,

I am a solo practitioner witch, that works directly with a single demon by the name of Lucifer. He is my Patron. I will share my knowledge and my understanding on why this world is, how the afterlife works and more. Really, I'm writing down anything that is important to my world view, or my practice and everything that I've learned walking this path. If you choose to read this, I would like to note that while this carries a great importance to me, it is completely fine if you don't mesh with it. This is my spirituality. We all have our own individual paths and this one is mine, yours may be going into a completely separate direction and if you are not pulled here, do not push it. We're at our best when we're in our element. This is my element. It does not have to be yours.

As for who may find this book useful – I will be including information on everything that I have encountered on my path and that centers mostly on entity work. This will involve meditation, finding an entity to work with, communication, some energy work, grounding, sigils, dream work, cord cutting, making your own spells and cursing. My goal is for you to be able to pick up this book and either find something new to explore, or to be able to establish a small occult practice of your own just from what is in this tome. Keeping in mind who is writing this, it should be safe to assume that this book will be most of use to those pulled towards working with demons, or ones that may want to read how does this particular Luciferian view the world. This book is not meant to be used as your sole resource though, as I will be mostly giving you broader methods and not demon names, abilities and sigils (you can find that on the internet).

Because I have seen all sorts of claims online, let me address this now – if you are pulled to practising spirituality, or any magickal tradition, you can. You do not need to be born a witch, the same as you can be born into running a restaurant business, or you can choose this as a career and just open a restaurant. So, feeling pulled to Deities? Go for it. Feeling pulled to trying your hand at sigils? Go for it. Follow your true will and care not about what others may say.

A lot of what I'm going to talk about intersects and overlaps. I will do my best to break this into pieces and coherent, concise sections, but do forgive me if it doesn't work out. If you encounter something that is unclear, there is always a chance that I'll expand on it further down in another chapter. I have decided to break the text down into purely theoretical, pre-practical, practical and post-practical, so if my world view is not something that pulls you, you can skip past the theoretical entirely.

THE THEORETICAL

This section focuses on my personal view of the here-after and how things are. If this is not of interest to you, feel free to skip.

Chapter 1 - Afterlife

A lot of my time with Lucifer was spent unravelling what happens after we go. As you are likely well aware demons receive fairly bad press, so figuring out a path for myself that lasts for longer than just in the temporary was highly on my mind. This world-view was given to me, but it seems that many other spiritualists find truth in it, so take it as free information – you didn't even have to communicate with a demon yourself for it!

Outside of the physical it is what we could call an “after-life”.

There is another layer between here and there and it is where ghosts reside. Those that neither stayed nor went, they are still attached to our realm, stuck in the veil if you must. I do not have much to say about the in-between, the limbo, except that if you ever find yourself there, try to find what you're yet to let go off as far as this life is concerned and move on. Nothing good comes out of needlessly lingering.

I feel like “after-life” is a poor term, as if one is successful at getting off Earth, that side is where one would spend a considerably longer amount of time, but as we're looking up from this Earthly vantage point, it will have to do. In this space all Gods co-exist. There are many more that we don't know about and some locations are not lead by “Gods” or what we could identify as Gods. Identifications matter, but also not, because our ways of identifying things are rather limited. From my understanding all of them have their own realms. I think of realms as bubbles, but as my Patron put it, in our language, it is easier to think of them as countries, except with a better concept of boundaries and more limitless land, so if someone comes up to being strong enough to stake a claim themselves, they don't need to wrestle it from anyone else, meaning divinity is achievable by all, but very few will achieve it due to the enormous effort that it requires. For most just graduating off Earth will be hard enough. To demonstrate, let's go for a hypothetical scenario - let's say that you are a follower of Ra and your buddy is a follower of Odin, your mum may be Christian. This is absolutely not an issue, as it is like stating that in the afterlife one of you will go to live in Moldova, the next one in Mexico and the third one in Russia.

We live many lives here. Dying. Being reborn. Learning lessons. Earth is a school. This is where we learn how to feel, how to love, how to build and most importantly, how to let go, as it is something that we must do over and over again. Some choose to reincarnate among those that they know, strengthening bonds over time. Some of us instead are trying to look at life from multiple viewpoints. Being born at different wealth levels, in different countries, among various religions with different obstacles, all of it has its own lessons. I do not believe that anyone picks to have bad things happen to them, nor that the perpetrator made an agreement with a victim beforehand to give them a challenge. I also see majority of diseases as a imperfect body issue and not a soul yearning for a challenge, so children dying from illnesses is as much of a tragedy for me as it is for you, but at the same time I see why one would actively take a vessel that is not in prime health, nor from a good background. If I wasn't who I am, I would have walked a different path and not develop the character qualities that I developed.

I will interrupt myself here to talk about animals a little bit. Animals have the same souls as we do, but younger. You can see birds whose aura barely fits. They have graduated off being a bird and will be something else the next go-around. You can also see people like that. They won't be able to take up a physical body soon. They are graduating. There are no pigeons, dogs, cats, in Heaven, Hell or anywhere after. There are a couple of realms that train the “to-be” cats, dogs, pigeons, etc. And they all graduate one after the other onto more complex and complex forms. There are no cats in Heaven not because Heaven shuns cats, but because all cats will eventually be people and in order for Heaven to have a cat, some soul would need to expressively agree to pretend to be your

cat. And as they are aware that they are not a cat, this would be a fairly odd situation to get stuck in. Whenever you think about disrespecting another life-form just because it isn't human do remember that they're a someone, someone that one day will walk in a skin not dissimilar to our own and think thoughts not far removed from yours. So perhaps reconsider.

One thing that I do believe is that while preferences are all well and good, one should not be overly attached to their current life features. You walked in many shoes. These are the current ones that you wear. But this skin is not the whole you. It is only one titbit in a big journey. So fret less and identify with your vessel less. Once your time comes you will be much freer to look different, if you please.

How does one get off the wheel? You either outgrow Earth, or you will be helped by an entity that will hand pick you. Sometimes you will live many lives serving the same entity before you get off, as there is more to do for you here than on the other side, at least for the time being. Just because you serve someone in this lifetime, this is not a guarantee that you will get off the wheel, or at least get off the wheel permanently. Time for that will come though. Those that get off the wheel with the help of a Deity get taken for a reason, meaning if 1000 people follow Ra, Ra may select 10 to take off the wheel while just granting boons to those in the current life. Deities are free to choose as they please on who “immigrates” to their realm. Those that are taken off the cycle of reincarnation start their forever long servitude to their selected Deity. Servitude can be the wrong word here, as you are not chained into slavery, it is more like you will forever spend doing what you are best suited for. Deities can select those that they simply want for company's sake. They may select others to perform specific duties, like to oversee the teaching of new souls, to counsel, to heal, to help the physical, I can not claim to know an all encompassing list of possible purposes, but everyone that gets off with the help of a Deity will have one.

I have mentioned previously that I use the term “God” or “Deity” loosely. There are many that we don't know the names of. There are many that have written themselves into our mythos under false names, or true names, but with stories that they liked, rather than the whole truth. Lastly, the being that will pull you off the wheel, if you are pulled to them does not need to be classed as “Deity”. I know for a fact that demons get their own “country” too (and it actually may be one country for every name in the Goetia, while also being under a more encompassing alliance (so think “States” of United States of America for a better image)) and, while I did not contact this side, so I would not know, it is possible that the same deal is with Angels. They are not necessarily in the same Realm as the Christian God, so if you feel a pull to one of them, you don't need to follow the religion attributed to it, as long as you work with the being that pulls you. There may be a special purpose for you that requires very little interaction with any other realm outside of the one ruled by your entity, so do not fret if a whole religion doesn't feel right to you, just follow the one that you feel pulled to.

Important to note that from my understanding the hierarchy and order of this “afterlife” is very much set in stone. You can not be the new Morrigan, because Morrigan is Morrigan. This world is unjust and lousy, but part of your training here could be to get used to the futility of trying to move up or down. If Morrigan gives you a position and you choose to accept it (it is all about choice, you can choose to not accept it if you wish to), it is final. That is where you stand and that is who you are. But at the same time the beings seem to be a lot more content than us. It is as if you lived in a community where your skills were vital, appreciated and everyone had a well chosen profession that they loved doing. A barber does not want to be a pharmacist because they were pulled to become a barber. They can practice pharmacy on the side and no-one will be mad at them, but their vital point in this community is to be a barber. It is a bit like this I have noticed.

Travelling between realms is not unheard of. They are not isolated and indeed do work together,

however it is also uncommon, as most will have a set function and won't need to mix with the wider world. If your position is to be a teacher and you live in Italy, but you are very happy with this forever place, flying to Sweden is not something that you will want to do. Well what if you have a family at Sweden? By the time you are accepted into Italy, you lived through many lives and had many families. You cut your ties and went through a journey of enlightenment where majority of your family happens to be in Italy, or you found a new family in Italy, so you won't really feel compelled to travel to Sweden. Sometimes you may need to for work purposes. Sometimes you may even know someone in Sweden, but this will be a rare occurrence, but by the time you are getting off the wheel, this will not bother you.

I can not stress this enough - “you are born alone and you die alone” carries a lot of truth here. Your blood family only lasts for as long as you let it last. You can develop deep bonds and they will keep on pulling you down to Earth. You can make a pact and choose to try to get off together and stake your own bubble claim, but if you are going the “serves an Entity” route, all your Earthly connections will be cut over time.

Chapter 2 – Active and passive

Let us address the not very convenient topic of genders and gender roles. The here after is both gender-less and gendered. You are confined to a physical vessel that one can not change the gender of without quite a lot of will and force, but this is not true of the here-after. In that way a soul is genderless. But this is where the concept of active-passive comes in. In many myths a woman is the supportive, uplifting, passive force, while the man is the energetic, active almost destructive force. And the need for that supportive role does not go away. So some are up-front doers, while others are behind the scenes uplifters. If you had to imagine a court, those that have the political voting seat would be the active ones, the ones that they would discuss their plans with without the fear of said plans being used against them, because the people that they are discussing their plans with have no voting power of their own and are their confidants, these people would be seen as the passive ones. No-one is an island, so even the biggest entities have their passive workers. The passive workers get taken care of, but in the way they are not in any important game themselves, because they are all the behind the scenes force for the active entity.

In a way, a nuclear ideal family model explains this well, but as all things human, as a concept not meant for humanity in its entirety it got perverted by us with our immaturity. So the best way that I can explain active and passive, imagine that you married an active element. You're not the only one married to this active element, but they are the one that goes out and does the proverbial job. You on the other hand are the passive element, so you have no job outside of taking care of your active element. When they come back home they may wish to discuss problems with you. You are their confidant. You can give them advice. You two can have fun, which helps the active element to relax, you can learn from the active element, you can argue with the active element (though unlikely that you will considering that by being the passive element, energetic exchange is going from them to you, so you are one of the ones that can understand the active element's point of view the best, as you two are made from the same stuff), you can praise the active element, but all of your actions with the active element happen behind a proverbial closed door, meaning it is between you and the active element, as you are not participating in any system outside of participating with the active element. However unlike the nuclear family unit, the active element is too mature to ever be violent towards you and they can not dispose of you once they choose you as one of their passive sides.

This kind of security where you can let go of control and feel safe as the passive element is hard for us to imagine. No pressure to prove your worth through your work is hard for us to imagine. As previously stated, perfect job matchings and contentment plays a huge role here. If you were unfit to be the passive element, you would not be chosen to be one, if you felt like being the passive element is not for you, you would not have agreed. It isn't exactly a job fair, it is more like knowing that this specific job is your one true path that will maximize both your enjoyment and your usefulness in a societal way. Both roles are vital.

These roles will have very little to do with how you represent yourself outwardly, as once again entities are both genderless and gendered in this peculiar active-passive way. How active the passive is, how much will of their own they carry will vary entity to entity as well with the passive elements of the demonic registering as very active.

So this leaves me conflicted, as I can see the original idea of how man-woman, active-passive pairing training was supposed to go, but humans being humans corrupted it with violence and being unable to accept anything remotely outside what was prescribed socially to the body. So switching to a permanent after may be such a culture shock for many, as we'll see a concept that is familiar, yet so completely different.

From my understanding of being trained as a passive element, some extra other vague things to

consider are that not all active elements will be allowed a passive element, as they do have to fully and completely provide for them, that there is a considerable shortage of passive elements, as no matter the body worn in the current lifetime most are active leaning and that each entity will have their own criteria for a suitable passive element to take under their wing.

Chapter 3 – Primal

Not everyone graduates into the “after-life”. This is not something that we like to think about, while on the other hand some may choose to seek precisely this. Your soul is immortal, but it is not indestructible. You can, if you are pulled off the wheel, choose to disintegrate into matter that will in turn feed its memories, feelings back into the whole that births new souls. You can, through your deeds also destroy yourself where disintegration is the only path remaining. If you graduated off the cycle of reincarnation though, likely you will only be destructed if you choose to, if the path ends up too long and you don't want to continue going any-more. There isn't exactly any soul crime or soul warfare going as far as I know. This does not mean that it is outside the realm of possibility, this simply means that I do not know it. I am somewhat certain though that if you have destroyed yourself beyond all recoverability, some nice assigned beings may just help you to disintegrate, as it is better than you being trapped in your own mind prison for eternity.

As our lives are short, any faults committed will not set into your soul to a point that it is outside of the realm of possibility of correcting with another lifetime. Some religions have it as a goal to rejoin with this primal, with this whole. This is very noble of them. Self destructed souls bring their sadness, their anger, their grief into the primal where they get mixed and filtered, but it still has an impact. Those that choose to wilfully give themselves away to rejoin with the primal bring in their harmony, their stability, their healing power.

Sins are a real thing, but not in the way that they are portrayed to be. If you are angry all the time this sticks. Others, especially those that are more empathetic can feel this on your soul, can feel it on your body. They will avoid you for it makes them physically ill. This is true once you die as well. You need to be quarantined and kept away from others and this problem, if you can't deal with it, it will slowly consume you. It will burn you from within. There's no need for hell, when you are your own hell. Some of your current problems are just your body's chemistry. You can be born into a body that is unwell and that is why some of your problems exist. Those will go away. But wilful repetition of a “sin” will leave its mark to where you can't stop or leave that state and you will solve it yourself, or that state will destroy you. “Hell” is not a lake of fire. It is a whole entity-type assigned the job of trying to help guide your ass into better stability so that you can live again instead of self destructing by letting this “soul” illness eat you. I feel like preaching is approached wrong on earth. “Do not” is a very all encompassing term. It is not a “do not”, but understand limits. Righteous wrath is wonderful. Righteous wrath can even be seen as a boon. If you were terribly wronged, of course you are going to feel anger and it is healthy to, but when your life becomes anger. When you are actively looking for something to be angry about, or everything angers you, you have a problem. Sin is like addiction. We don't say that you are addicted to games for giving yourself an hour a day to play them. We do not say that you are addicted to alcohol if you drink half a glass of wine once a week. You are (hopefully) an adult and you understand your limits. This is precisely that. Some “sin” is needed, but when you fall into a pitfall of that sin, when you become actively addicted, this is something that you have to fix or you'll succumb to it. And I have seen this in individuals in so many different ways. Sometimes the behaviour that they need to correct will manifest as obsession. It is easy to identify a soul stuck in a loop and it is that loop that you should avoid. I have no words to explain it any better than this.

The kind of mind prison you can throw yourself into by being lost to sin is not something that you want to think about. Imagine getting so attached to money that when you die you go inwards and you have all this anxiety over losing your money. You hug it, you protect it, you're constantly on the run because everyone wants to take your money. Eventually you realize that you were clutching a rock and not actual cash. And while this is happening, while you can not let go, this is eating you alive. You either pull yourself out of it, or you let it consume your identity to a point where there's no more you, no more bogeymen to run away from and no more money to clutch to your chest. It is

all darkness, endless sea and disintegration. The primal.

Not something that anyone wants to think about, but there is also partial truth to demons eating souls. Except it is not souls, but rather the primordial soul mass, devoid of consciousness or personality that one can become. It is the material that new souls are made out of. At that point there is no person (or people) there, only a mass ready for creation to take place again. It is the material of all creation and I swear I caught a glimpse of me tasting it from a river. Primal is thick, not quite gelatin, but very thick and it tastes like nothing you can find on Earth. I sometimes feel the need to experience that taste again, but all in due time. Earthy things for Earth, eating from the rivers of primal for afterlife.

Good place to mention that I do not know how new souls get out of the primal. If this process is automatic and just happens, or if someone is in control of creation.

Chapter 4 – Energy

If an entity has accepted you, other psychics will be able to read this off you, as you see prayer, interaction, it is energy exchange. Every different being has their own frequency, their own quite a unique flavour of colour, some will have a frequency that is very similar, but not the same, so a pantheon can all dance to the same drum, but the melody will differ. The followers adapt the energy pattern of their guide, if they work with the guide for long enough and the guide has accepted them as theirs. I do not know if you feel attracted to a specific entity, religion, God, call it whatever you wish, because you were close to them as is in your frequency, or if they affect your frequency to a point where you start to be like them because of your interactions with them. If you are an energy worker, do yourself a fun favour and try to judge what God does the person in front of you work with. Eventually you are left with a map of familiar patterns based on pantheons. It is quite fun.

Let us talk about energy vampirism, as they are a major puzzle piece in how our world works.

All people SHOULD in theory share one big energy pool. We are all in a way “connected”. This is what lets us be so good at relating to one another. But, this energy pool is also what keeps you trapped in here. Your friend is in life-school, so even though you are supposed to graduate, you go back down and stay in school, but now your friend is connected to another friend, to another friend, to another... And we are not all made at the same time, so young souls can mix with older ones (probably because we need those that can teach and guide on top of other things, so having a mixed “age range” is useful), so you see the problem? Too big attachment to the here, the now, your ancestors, your bloodline, your family, Earth in general will get you stuck here. And you carry those connections. You want to or not you carry those connections. Now, provided that you and everyone surrounding you is not preparing to work together to stake a new afterlife stake in the great beyond there are a couple of solutions to this problem.

You can take up a Deity, or a religion that you feel pulled to. If you remember from my earlier talk, Italy will become your family and you will lose anyone that goes to Sweden. You will slowly dis-attach from the whole of humanity and attach yourself to a new energy pool.

But what if you don't want someone else's world? What if you are going to make it out of school all of your own and go your own way? This is where energy vampirism comes in – energy vampires are simply souls that at some point in their journey have detached themselves off the combined human energy pool without attaching themselves to anything else. It leaves them at a deficit and they will need to take from other energy sources (people included, but not necessarily, depends on what each is adapted to). I do not know how do you detach yourself, but it is doable as it has been done before and most energy vampires are born already detached, meaning that they made this choice sometime far along their journey back and may not even remember why they have done so. In some very specific situations they can do what you would do with unattachment from the humanity's pot of whole and reattachment to a Deity, but this has to be a deal between each individual and specific Deity and this has to be right for them. Being on a new path does not make one a bad person, even if they require to take energy to continue walking it, being on a path of someone else can be completely wrong for them, however if you are an energy vampire and you feel pulled to a Deity, you lose nothing by trying, especially if you are already wanting to subscribe to their afterlife.

As previously stated, I do believe that the primal is edible and I would hazard a guess that demons are not the only ones that partake in consuming some of the whole, so in the grand scheme of things, if you find yourself needing to rub a little bit of energy off energy shopper when you go to the store, you're not doing anything so terrifying.

I will talk about energy related exercises in depth in the practical section of this book, but as someone that is capable of reading other's energy, I always found it quite fascinating how a relationship with an entity can reflect on one's energetic body. One of my great friends, for example, is on a willing journey to merge into an entity (the same way that one may choose to merge into the whole, it may sound scary, but it really is not to the person that is doing this) and whenever I read them, it feels like I'm reading but a branch of a larger tree, they are so seamlessly connected. These links to the divine on people, they are absolutely beautiful.

Chapter 5 - Urgency

This is not the only school and not the only Earth. There are multiples running. Dimensions if you will. They can be similar, they can be different, but if we crash and burn one, in the grand scheme of things, this does not matter. It matters for the souls currently here and for the souls entering the world now. Don't crash and burn this Earth, please. Let's make it a nice dimension. But I am going to stress this again – if we do, this is not the only one. We are not in special school, we are in one school in one school district. But this does not mean that you should shit in your classroom. I would highly advise against shitting in your classroom.

Now I do not believe that any Armageddon or soul ending doomsday is coming. We could experience one by messing up our climate and it will induce a lot of stress and pain in the physical, but there is not some sort of pre-set end of us, if humanity ends itself on this planet it won't be because of a prophecy, or because Gods willed us so, it will be because we messed up. And then further schooling will continue on another Earth, perhaps another timeline.

However no soul gets infinity to try on a balanced ground. If you spiral down repeatedly, if you fall into absolute self destruction, eventually there will be no safety net and the damage will do what it does and rip you apart. And as circumstances of birth sometimes lead people into very hard trials, there is no guarantee that next life you'll continue working on yourself even with your spiritual team behind you, so if you are pulled towards it, please walk the path.

Chapter 6 – Entity morality

No God is really a “good” or a “bad” God. They can embody a property or have control of the property. A God of wrath is no more good than a God of love, as both have their uses and one that serves a God of wrath will know about the uses and pitfalls of wrath, so they will not be self destructing based on it. No God is a single faceted being. My Patron is seen as evil by some (very few see him as good), “yet you are so nice to me” often I think in meditation. “To you” the answer comes. Every God will be “nice” to their followers, unless they are testing or trying to teach them. If you are following a mono-God religion, then your God is not “good” it is “whole”. Your God is Titanic, the iceberg, the lifeboat and the people on the boat. Your God has played a part in this whole. His plan does not necessarily move towards the ultimate “good” because “the ultimate good” is a human term. Nothing is really “good” or “bad” in that way. So what you should take from this is that if you are pulled to a dark God, to the void, or to demonolatry, this does not mean that you will be a “bad” person, nor that you will find “evil” there. The Void shines for those that lack that element. They are made to feel whole when they land precisely where they should be. A banana is still a banana no matter you eat it from one end, the other or the middle. You will find the end that you are meant to find and you will still be mouth deep in a banana. The only exception are actions that are soul splitting, or soul expanding. If control is your vice spreading yourself thin, fighting the will of others in order to keep things running your way will wear you down, split you and shrink you. But, I already did a paragraph on sin.

There is nothing that is more irksome for me than when people grab a catch-all term for a specific type of entity, or person, such as “energetic vampire”, “succubus”, “djinn”, “demon”, “angel” and declare them all good or evil. Is the human race good, or evil? If your answer was “it is complicated”, or you just considered declaring our whole race Y or X, but thought of the amount of exceptions, realize that such judgement should be even harder to pass on an entity group that is even less defined, because we do not share the same physical reality all the time. You could potentially divide entities into predatory and not predatory, but a lion is not evil, it is simply hungry.

Now let me do a small paragraph on mage morality here – if you are just starting your spiritual journey, one thing that you will eventually encounter is that morality is subjective and something that you should define yourself. There is no one statement that will be true no matter the circumstance. Every possible commandment in every possible religion, will have some sort of situation where it will not apply correctly. Stealing is wrong. When you steal you take from someone that is not yours. But, for example, you could have a mother who was told that her kid won't be allowed back into school unless they come in wearing the appropriate shoes. No-one will help her acquire them. No-one will share. So she goes and she takes from a shoe shop. The shoe shop owner has now lost income and they will suffer for it. But little Billy can continue attending school. Often times an action will have both positives and negatives. To avoid climbing into a self flagellating hole for being unable to work in absolutes, I go with my morality being grey. I trust myself to weigh pros and cons in complex situations. I act with what I think is the right way of acting. And that is not objectively good nor bad. And one can state that such a system has its pitfalls, because what if a person doesn't have any consciousness to tell them that they are causing harm? Then, I would argue, no matter what moral code that person is subscribed to, they are still going to cause harm. Executing any command to a T is as dangerous as leaving it up to the individual. Plus none of us are an island – we live in a society and specific behaviour is expected of us, meaning that even if someone has somehow arrived at the conclusion that murder is not wrong, they'll still have to account for the whole law system that disagrees with them, so worry less about what is right for your neighbour, or your family member and worry more about deciding what is right for you.

Now if I was to list the kind of rules that I live by, several come to mind:

1. Everyone is on their own soul journey. This journey can be completely different to mine, lead to other locations and they may be right at the end of it, or just at the start. What the person will know will highly depend on what they need to know for that lifetime. Therefore it is wrong for me to try to convert others to my point of view (I would only be hindering their journey), the same way as it would be wrong for me to cause them harm (as that will leave a footprint on their journey if they focus on it enough). If possible I will be avoiding clashes, that being said my self preservation raises above this rule. If you deliberately crossed my path and endangered me, I will take this to mean that your journey should be hindered in order for you to learn your lesson. Therefore I am harmless unless crossed first.

2. Titles are meaningless. Your opinion will be judged based on what you stated, or wrote to me, not by your wealth, family name or who you work with. The janitor can be more interesting than the CEO. While I will politely follow society rules, I will not put anyone on a pedestal and you introducing yourself based on your position impresses me not. We can talk as an equal, or we can talk not at all. In fact, when one works with entities on the regular, people posturing can come off as funny and not much else.

3. If you ran into me and you need my help with your journey, I will do my best to give advice, or point you to the right door. Sometimes I will disagree with what you are doing, but unless I need to caution you against danger, it is not my place to pass judgement. Your road, your mistakes and your methods, they are all yours, I firmly believe in your right to free choice.

4. I have a distaste for those stuck in a loop of misery. You need to break yourself out of it and nothing I can say or do will do it for you, so while I can encourage you from the sidelines, I do not have the time to try to fix you. Instead I will outright mourn your choice to waste yourself, even if I won't express it publicly. Bottom line – if you are not prepared to try to better yourself, I am not prepared to spend the time to try for you.

Chapter 7 – Balance

I take issue with those that do not see how I can choose to follow a demon, if Gods are. There is a balance to the whole. Afterlife, this life. By preaching, by attempting to convert, you are insisting that fish should climb trees, because trees are what is good. There is no such thing as good, because what is good to one will be fairly bad to another. We all have a specific ring to us energetically. A colour, a vibration, a tune. And if you choose to follow an entity, you should go with what pulls you the strongest. There is a strange power in walking the way that you should be walking. In following your path. So if your soul is dark blue and you are pulled towards an entity that is also dark blue, by enhancing this element of yours, by following the true you, you will become a better person. If you are shocked at this statement, I must remind you that human morality has very little to do with entities. Excessive sin (as I define it) is dangerous to all and by finding your flow you will avoid it yourself. Anger will turn into what you will either perceive as pettiness, or righteousness. You'll turn celibate, or you will use lust as a tool. You will be in control of yourself fully, as long as you travel the path that is the most in accordance with your energy, your will and your true self. And this may be a path that is completely different than what you are travelling right now. So when choosing a spiritual direction, go with your gut.

I had to direct someone that really felt pulled to Buddhism once. They were an Atheist. They kept on asking me “but what is the truth, what is the truth?”. Truth is individual. They recognised what I was saying about entities and responded with “but for my whole life I've been pulled to... It rings to me”. And that's where it should stop. They were doubting their direction because they wanted to find the ultimate truth, but they felt a strong pull. And if there's a strong pull, then that is precisely what is right for you.

In the end you are part of this puzzle. Fishes don't climb trees. Birds don't make nests under the sea. Find your truth, don't let anyone else convince you to follow theirs as only your truth is right for you. And if you find it, don't fret if it is objectively correct, or “right”. It is what you were made for.

Chapter 8 – Entity

Let us talk about entities and how they differ from us. I have reason to believe that any bigger entity is an organism of many different smaller bodies and faces making up one big being. Imagine rolling a dice in your head. Now after a while of doing exercises like that, you will be able to imagine rolling two dice simultaneously, or you will upgrade how many sides the dice has. Entities exist for so long that they can split themselves into smaller beings that all work in unison. So instead of a single Ra what you may find is thousands of Ra's, except that they all know exactly what the other ones know, as it is one Ra that is doing a thousand things simultaneously in a thousand different bodies that all look like him. So if a Deity is calling you, it is both the Deity that is aware and calling you and a shard of that specific Deity that's assigned to interact with you and that you would directly be answering to if pulled off the wheel. From my Patron I have heard about further splitting – there are many Lucifers out there, but each one has many responsibilities that they oversee. If they do not have time to be in contact you all the time, they can also split a temporary “local” node, kind of a recorder if you will. This personal Lucifer of yours would have the personality and knowledge of a more full Lucifer, but it wouldn't be in contact with the whole all the time, instead the Lucifer responsible for this node would recall this node periodically, check the information on it, pass it new commands and send it back. They don't do this with absolutely everyone – the approach is very much unique to each mortal.

Some entities may be made up out of many souls that either wear the same name, or don't. Lilith is almost like a race rather than just a name, for example, as those that work with her often get different names given to them when they ask the entity for their name and in some legends they have been seen as some number of completely separate individuals.

The relationship that one can have with an entity will also vary greatly person to person. This includes any combination of god-worshipper, parent-child, teacher-student, friend, or even spouse. While one can not do anything physical with a being that is not on the same plane as you, god-coupling is real. You see this in ritual form when it comes to nuns being the brides of Christ. The word that was given to me was “concubine”. I've heard of another woman that was given the word “spouse” (and yet another “mistress”). From what I understand our terminology matters little and any word can work well, as shards can indeed take those whose purpose is just to be dear to them, therefore if at some point you start talking to your chosen entity as a lover, while this shouldn't be something that you express outwardly and openly (as a loving relationship between a physical being and an entity when there is no chance for physicality will either make you seem like you are bragging and trying to inflate your status, are insane, or inappropriate), take comfort in knowing that your experience is not in any way unique and these kind of communications happen.

I must stress that it is important to not confuse your entity's myth with full reality. Every myth had a seed of truth sown into it, it gave you names, perhaps features, but trying to threaten one entity with another, or getting irrationally angry with an entity about what was done in a myth will get you, at most, laughed at, but most likely ignored, as your mind is not mature enough to know not to take things literally.

Speaking of myths – it is a moot point to try to describe entity's appearance. As far as I understand it is a lot less set in stone than ours. This would be equivalent to you being able to choose your shape, your colour and anything in between as you see fit. There are likely preferred shapes, the same way that you prefer the colour of your hair, but have the option to change it if you wish, but there is very little stopping them from choosing to look to you as whatever they wish to look like. If you do a pathworking, get into a meditative state, or convince your chosen entity to visit you in a dream, if they look nothing like what you expected them to look like, do not go on a crusade to prove to others that their portrayal is incorrect. This is why when I am asked to describe my Patron,

I always open with “to me he appears as”.

While we are here, let us address possessions – the reason why bigger entities are not on earth is similar to the reason as to why a wolf is not a bird – they would not fit. Let alone fit in an already occupied human body. Possessions are rare and when they do happen, it seems that it is always a smaller entity that is closer to a human spirit in size. So if you have chosen to work with an angel, a demon, or a Deity, do not fear that they may take over your body and your life. If anything larger entities can help with smaller spirit parasites if you are carrying any, as unnamed small demons can be recalled by bigger named ones and various unaffiliated spirits can be forcefully evicted.

On the other hand partial consensual possession where you flood your body with the energy stream of an entity for the purpose of divination, borrowing personality traits, healing, among others, is possible. Often times this ranges from keeping conscious and yourself while gaining a different point of view for the time being, to a ritualistic invocation where you do not remember anything for that period of time (this is what the age old tradition of being an Oracle relates to). While skill is required here, as it is a much more invasive practice, know that it will never be permanent and is likely not the kind of possession that one speaks about when they talk about a possession.

Taking the previous paragraph into mind, it is safe to say that I do not believe that any known big entities are walking as humans right now. There is simply too much of the entity to fit into a body. Now some will carry the feeling that they are part entity in some way. In all likelihood the entity has accepted this individual as their own in one of their previous lives, so the person's soul closely resembles the entity, but the person in themselves is not the entity. Even those whose path is to merge into their entity, they are still themselves while on Earth. The takeaway here should be that not all souls are human, but no-one here is entity-incarnate. And even if you are a soul that does not feel entirely human, remember that until your time to depart from here comes again, you are wearing your skin and therefore you are human. Trying to struggle against this identity will only cause more issues. Now it does mean that some entities may have walked as people at some point. Not only the base of the entity (as in the core soul that makes up the entity), but if someone is on the path of merging into an entity, they are technically Tom this lifetime, but will be known as part of their entity in the here-after. However while on Earth they are strictly Tom and they have not been the entity before being born.

Be careful to not over-personify entities. When a myth states that two entities are at war, think less of an Early existence where one can injure another, don't even think about words, think more about irreconcilable differences and concepts that stand opposed one another. Think more as to what would happen if you launched two streams of water directly at one another. They can't reconcile their differences, for they are simply a force travelling from two opposite points towards one another. Water carries no stick, no spear, no bomb, it merely collides for there is no avoiding it.

Similarly it is rather fruitless to be angry at entities governing unpleasant aspects of life. The entity of famine is not maliciously trying to starve your village, simply they oversee the concept of famine. In times of famine their powers may be the strongest. In legends they will personify the bad times, while their opposite will personify the good times. You can not beat the concept of famine, nor should you curse the entity of famine in order to drive the famine away, for they simply exist because the very concept of famine exists. If humanity ever moves to a point where famine is no longer possible and the word fades into obscurity, you may end up finding the exact same energy that the entity felt like as a ruler of a entirely different concept.

The line of personification is a fine one, dear reader, as they are not simply a current, for they can have thoughts, yet at the same time they share more likeness with a force of nature than they do with your common man. Respect them, you can befriend them, but don't entertain thoughts of needing to reconcile two opposite forces like you were a little child and the two entities were your

dolls. At the same time don't be surprised if you feel an emotion from them, or you feel like they enjoy specific little aspects of your existence and your life. I did once ask Lucifer about it, considering that he is wise and old from my perspective and I was told something akin to “so you think that my age should put a limiter on my enjoyment of simple activities. Or is it me being wise that was supposed to do it? At which point of maturity should one drop all joy?”, so I made the opposite mistake and de-personified him too far.

THE PRE-PRACTICAL

**Next few sections fall into that odd in-between of featuring information that you should have,
even if you can't use it**

Chapter 9 – Soul selling

This is a question that I encounter often, so it felt like one should address it. This book has no coherent flow, so excuse me if I pulled you down into the small and tiny only to rocket you back out into the wide and big afterward, good thing about chapters is that any that you do not like you can skip.

Yes, you can sell your soul. But this has different meaning based on who you talk to.

I see the act of selling one's soul as an act of subscribing to an afterlife. After all, your soul is you. Until you pick a direction, you have sold it to mother earth and have vowed to come back here time and time again. If you subscribed to a major religion, you have sold your soul to that side and are hoping to be permanently taken and integrated into their afterlife.

Humans, unfortunately, are very bad with commitment. From what I understand, you have more than one chance to say “no” or to change direction. I had to reconfirm my choice 3 times. On top of that, I am living a confirmation lifetime, meaning in one other lifetime I already chose my Patron as not only my Patron, but I chose to go with him once my time is up. As one can flock to anyone that will protect them when they are down on their luck, confirmation lifetimes are necessary – given different circumstances will you still make the exact same choices? If yes, it shows that this is your path.

There is another way to look at it. I know a practitioner that sees it as an initiatory rite – you are stating to the entity that you take them in and give them all permissions necessary to make you into a better person. You submit your authority to them willingly. It shows commitment and is not a decision to take lightly. In my experience, even if you do so, often times a permission will be asked when your life is concerned. Entities are polite.

Third way to look at it is as a direct exchange and this angle makes it dangerous enough that you should not yell out any exchanges into the wind unless you are prepared to follow through. As everyone could use helpers and there is no limit on who you can sign a contract with (indeed, a living person could sign it with another living person), yelling something like “I would give my soul for a thousand dollars!” might make some little spirit out there believe that it is a good exchange – you get something petty, they get to get you to help them when you die. Now rank matters, so such small deals can be overwritten by larger deals with larger entities, but chances are you will be made to work off your debt in one way or another. I know of a practitioner that yelled “I will give years of my life if you make me successful!”. He died wealthy, built many businesses and had many children, but cancer took him earlier than he should have gone. His luck turned the day that he yelled that to the universe. So think about what you say, for words do carry meaning.

Typically soul pacts will be made to range for 1 to 3 lifetimes before they need to be refreshed and reconfirmed. Actual forever type of contract is rare, even if you specify it as forever, for once again, it may be your circumstances making you take this step, making you not grasp the size of this decision, therefore you will be asked to reconfirm.

The takeaway here should be this – take a soul pact seriously, because it is. But also do not fear it. Subscribing to any afterlife is the same as the act of selling your soul and being indecisive is the same as giving it to mother Earth instead and preparing to go for yet another turn of the wheel.

You also may want to figure out an acceptable name for what you did in your practice if you actually do something binding. “I made a pact” seems to go down well in left-hand path spaces (see the dictionary at the end of this book if you do not know the meaning of this word). “I took a

patron”, or “this is my faith, this is what I believe in” will be a better way to word this in less adversary places. And in no space will “I sold my soul” go down well as you will be viewed as a person that viewed too many movies. So while it is indeed possible, it may be for the best to avoid this particular phrase.

Chapter 10 – Facing yourself

I will soon be talking about dealing with entities and one thing that is incredibly important to know is that they can see through you. They can hear your thoughts and feel your emotions. They know your intent and you can not lie to them. This is true of demons, angels, deities, all of them.

The issue here is that most lie without even realizing that they are lying. There is this human need to be seen as good, to feel better about oneself. Whatever the mask that one wears will be individual. Some hide behind a mask of righteousness and humbleness, others will tell themselves that they're not lazy and doing all they can, that they are not angry and wish others doing better than them well.

Thankfully if you are not outright trying to deceive, you won't anger the entity, but you may be refused help, or politely told that you are not being truthful to yourself. Spirituality is a journey of self discovery. I don't like how a lot of online spaces will highly recommend you to dissect every little thing about yourself and call it “shadow-work”, so I'm not here to tell you to fix yourself, you are not a cracked vase, you are a person, I am here to tell you to be aware of yourself. Stop and ask yourself “why”?

For example, all my life media to do with vampires was my guilty pleasure. What does that say about me? Well it could say that I seek permanence in an ever changing world, that I fear death, that I have an unhealthy relationship with valuing youth, that I have carnal desires to do with pain and blood, that I want to have the strength to strong-arm those against me into liking me, that I want to be perceived as beautiful and be seen. The list goes on and on. I know which ones of these were correct, I will not be disclosing that, as it is my personal discoveries about myself and not something that I need to be known by others, but by facing what I like, I faced what I feel like I lack in this life and what I have trouble accepting. This, of course, wasn't the only like or dislike of mine that I analysed, but after all the questioning of myself about me that I did, I know my good and my bad side. The focus here isn't to fix something, but it is to know why I want something, to not hide behind a social mask, but to accept my true self, flaws and all, so that when I do voice my desires, I can speak them in one unified direction, without guilt and while not under a falsehood.

Something more relatable is wanting to be rich. The good questions to analyse here would be – what would be enough for you? What do you tell yourself that you would do with that money, versus what would you truthfully do if you got your wish granted tomorrow? How would this interfere with your ability to do the work that you need to do? Could you still tolerate getting up in the morning and working whatever job that you do for your survival right now? If you would throw away your day job (majority of us would), what would you do to keep yourself from stagnating? What could you learn from a life that is devoid of the struggle that you currently feel? How much of what you want is for yourself and how much of it is to gain attention and impress others? Could you still view those that are lower than you as the same worth as yourself, or would you suddenly see them as not putting in enough effort, as if you made it everyone can? When I asked myself those questions, I've found that I have an uncomfortable predisposition to excuse my own idleness. If my life was provided for, with my frail health I would find reasons as to why I deserve to rest and deserve to sit there and be entertained rather than furthering my own self development. This doesn't mean that I drop my wishes, but rather that I am aware of the self control issues that I would face if I had all that I wanted to have.

Most telling questions, I feel, are to do with how you feel about other people. Have you ever viewed someone as less worthy than you? Have you ever held someone else with great disdain? Have you ever used dehumanizing language, even if just in passing? For example, I remember hearing others referring to their sexual partners as “bodies”. “What is your body count?”. And it would seem that it is an innocent sentence, after all in this particular instance we are not looking for the personalities of

the people and simply want to know the number. We know that every count here represents a person, but the more such language is used, the easier it is to disconnect from all that the other person was and seeing them as a thing. I once met a practitioner that had their life together, they were working towards their goals and achieving good results. When conversation got heated they disclosed their desire to me - "I want to be the king of all the monkeys!". And it had shown two things about said person – the first one is that he considers others monkeys in comparison to him. The other was that he thirsted after the power to force others to listen to him. This means that they believe that their way is right and that they should be the ultimate authority. They have disclosed so much about themselves with that sentence and I don't think that they even realized what they did.

Remember to be careful at wanting to eradicate every imperfection off yourself. Every part of you is what makes you the person that you are. The goal isn't to be some sort of a perfect divine being, the goal is to be honest with who you are, figuring out which parts of you are important to you and figuring out which parts you want to lean away from. Someone may feel like they're too sexual and try to redistribute this energy towards the work that they want to achieve, while someone else may find that this trait suits them and will lean into it with full knowledge of what they are doing. There is no trait that can't be used, but there are traits that you may personally find don't work for you, so any self improvement that you'll undertake after knowing yourself will have to be based on your own perception on how you should be and not some arbitrary measurement of what makes someone perfect.

Last point – if you have lost track as to what kind of person that you are and what was instilled into you by society, try to remember what you liked as a child. I used to be very creative. I drew a lot. And I put it all down when I realized that I was no good at it. Young me was obsessed with witchcraft and fantasy movies, she loved to read and would have liked the way that I dress now. The socially acceptable me graduated from a STEM field and reigned in her creativity to be seen as proper. When I discovered my craft I rediscovered who I was.

Chapter 11 – Deconstructing past religious trauma

One of the hardest hurdles to pass for a practitioner can be working the knowledge and fear that was instilled into you while living in a religious system that did not work for you out. You may never find your true path due to the fears instilled in you. Carrying these feelings forward can also send you on a journey that you undertook out of spite and not in good faith, especially if you feel pulled to work with darker entities. You can lose your path due to wanting to be the anti-force to the force that you were subjected to rather than being the force that works for your own good.

Side note, one can be a political activist and dedicate their lives to trying to shield others from the religious abuse that they experienced and to grant better resources to those that escape it, but there is a huge difference between doing this in order to help the survivors and doing this in order to spit in the face of the entity that you believe has wronged you and everyone around you. You must understand that some will find the divine in the entity that you found no divine in and without drawing that distinction you may end up causing great pain to innocent bystanders whose only wrong doing would have been to follow the Deity, or Deities that caused you such grief.

If you feel that your past religious system is still affecting you a simple solution would be to commit heretical acts. It does not have to be much, but defying your previously held beliefs will help you get over your fear wonderfully. Recite prayers backwards. Eat and drink what you were forbidden from eating and drinking at times that you were forbidden to eat and drink at. See how doing all those acts doesn't lead you to consequences that you thought it would lead you to. Reclaim your power.

Be aware of your baggage. When choosing an entity to work with, think is it really you that is wishing for it, or is this an act of rebellion. Sometimes we do gravitate to entities that were portrayed unfavourably in our past religion, in that case it is important to remember that the entity that you will encounter won't necessarily match how it was described in your previous religious texts, so even in this situation being aware of your baggage is important.

Sometimes we also gravitate to our rightful path, but our mind holds us hostage to a point where when we call out, we expect some sort of retaliation, something dark to appear in front of us and this potentially attracts parasites and impostors. Sometimes people will start working with entities, but then they will think that their previous Gods will retaliate and once again put out a call to the universe for something dark. Then bad dreams will come about their previous God or Gods being combative, every shadow turns into something that persecutes them in the waking world and thoughts of deep deep guilt do not leave their side. That deep slide of guilt is a dangerous one and impedes one's spiritual progress seriously. So if you feel weighed down by guilt, do actually try to do something about it before you engage in this line of work, ideally.

Ask yourself questions. Sit down with a pen and write down what do you feel about your former religion. Analyse why you feel this way. Think about how you feel about the Deity or Deities that your religion followed. How do you interpret them? Splice this activity with listening to accounts of those happy in your former religion and those that felt abused in it. You'll sympathise with the side that was abused, most likely, but you need to accept that both these groups exist and that your former religion is likely still helpful to some (I am speaking broadly here, there are some very nasty little cults out there that are good for no-one, but most religions will have some proportion of happy followers for who this is the right direction and they must not be vilified or discounted).

Some baggage can take a whole lifetime to undo. This page is not here to dissuade you from working with entities until you have fully recovered from your former experiences, but it is an encouragement to be aware of what you bring forward and why you think or act the way that you

do. I encourage you to confront that and what “that” precisely is will vary person to person. Some baggage is small enough that you can progress to working on your spiritual path and then have your newfound entity help you with it, while other baggage will dig so deep into your core that you will need to loosen this core up before you progress to entity work. If you feel that religious trauma digging, before you attempt contact, I would suggest reading further down the practical side and learning about some spells or sigils, then doing some of that with intention to uproot this hurt and fling it off yourself.

Chapter 12 – Training visualization and your mind

There are very few people that absolutely can not see anything in their mind's eye, but most struggle with visualizations. Being able to visualize can be a great help in your practice, especially if you are trying to achieve something that requires it, such as pathworking (pathworking refers to a method of inviting an entity in that requires imagining a specific location that they reside in and then saying their name. It works surprisingly well, but the power of imagination here is a must and most people struggle with it these days). As I had nowhere else to put this – here are some simple exercises to help you with just that.

Rotation of an object – the simplest visualization that you can do is to take any object that you know in real life and hold its image in your mind. For example, you likely have a favourite cup to drink out of. If you can not remember this cup into memory, go find it in your space, look at it, close your eyes and hold this image. Now rotate it. Either vertically or horizontally. Slowly. If you can fully rotate the cup in your mind horizontally, rotate it vertically, or vice versa. When you have mastered this, imagine a different cup. This time there is no visual aid for you, so you will rely on your imagination to create this cup. If this proves to be too hard, draw how you imagine a cup to look like on paper, then transfer that image into your mind and add as much photorealism to it as you can. Now do the same rotation exercises.

Gradually increase the difficulty on the visualization by giving yourself scenes that should be easy enough for you to recreate because you have seen them before. For example, tell yourself “I stand in a kitchen”. How does the area look? Is it clean? Is it messy? Is the floor tiled? Is there a countertop? What's on the countertop? As you ask yourself these questions, you will find yourself drawing a scene. If you could visualize a single object, it is not very likely that you will fail visualizing a scene that was already familiar to you, but if you can not pull up a kitchen in your mind, try to remember how yours looked. Then find a picture of a fridge, or a cooker, or any other appliance you would expect to see in a kitchen. Now insert this portrayed object into the memory of your kitchen and replace the appliance that the object corresponds with (so throw the fridge that you remember out of your recollection and insert the newly found picture of fridge). Practice until you can draw this familiar scene in your mind at will.

I ran into this issue once where if I wanted to train visualization and told my mind to pull up, for example, a carrot, multiple different types of carrots in different drawing styles tried flashing in my mind. If this is something that you encounter, be it one object, or be it a whole scene, heavily rely on references. Show your mind a carrot and say “we are going to be pulling THIS carrot in particular”. If you are trying to visualize a scene, let us say you are imagining a meadow with a river running through it, you managed the river and the sky, but it is the meadow itself that is not working out, or the sky, pull up a reference and place that reference directly into your visualization, like you would if you were making art by cutting pictures from a magazine and glueing them together. There is no shame in needing that help and it gets easier the further you go.

Further difficulty increase is imagining scenes that can not happen. Throw a whole bunch of words together into a sentence that would normally never occur and make yourself visualize that sentence. For example “I see a golden tree, it is shrinking”, or “there is an upside down elephant in the sky and they are using their flapping ears to fly”.

Last exercise is to help you with technical visualizations. Imagine that you have a 6 sided dice. You likely have seen a 6 sided dice and have one inside your house. If you do not know what a 6 sided dice looks like, search for some images of one online. Take this dice and roll it in your head. Be aware of what number is on the top of the dice as it rolls. If this gets too easy, change your angle so that you can see more than one wall of the dice as it rolls and track two numbers at the same time.

When you get good at this, start flipping the angles – do you still know what number should be on the side that your minds eye is currently observing? When you get good at this you may increase the number of dice that you are rolling at the same time, or increase how many sides a dice has.

THE PRACTICAL

From here on the book is all information that you can actually use

Chapter 13 – Meditation

Further reading from here becomes more to do with active practice and there is no greater tool in your active practice arsenal than meditation. In order to participate in active communication with any entity you will need to be able to trance yourself and the best way to do this is through meditating.

There are a couple of crutches that one can do in order to make this process easier, though I recommend against them. It is not my business to tell others how to practice though and these actions are deeply ingrained into some religions, but as I have a distaste for these and do not practice them myself, I will briefly gloss over the spiritual crutch – it is easier to feel connected if you have fasted that day, sleep deprived yourself, or took a mind altering substance. I must repeat though that I am against all of these and do not endorse any – magickal work can be energy costly and fairly surreal, meaning that in order to be the most stable you should take care of yourself well.

Now when one mentions meditation, the first thing that comes to one's mind is the sitting meditation. This is one of the hardest forms of meditation, however it will work just fine for some and it gives you a nice steady base to do communication from as your body is steady and not performing any movement. For this one cross your legs into a lotus position, or as close to it as you can. Other forms of sitting will suffice if you can't, or if this position is highly uncomfortable for you, but oddly enough I have found that the lotus position for me keeps my legs from going numb, which helps getting these ageing knees of the floor once it is time to move. Sit in a way that is comfortable, just not so comfortable that you fall asleep. Close your eyes and clear your mind. Most find there to be a need to focus on something, so some achieve stillness by focusing on their heart-beat, or by doing breath by counting (certain amount of counts for inhale, certain amount for holding your breath and certain amount for exhaling). If thoughts come, let them come and let them pass. Breathe slowly, as if inhaling through a straw into the bottom of your lungs and breathe out in a similar fashion too. Nothing should be quick, or forced. If you need help with this there are guided meditation videos available on the Internet, allowing you to listen to a voice that will help you with your breathing rhythm. Personally if I tried counting my inhales and exhales my anxiety would flare up, so I just focus on being entirely relaxed until I stop being able to feel my body and my mind starts showing me dancing lights underneath my closed lids. To me this is precisely the kind of mind state that I want to achieve, but it will differ person to person. You won't know how your meditation feels, what is your maximum altered mind state and where you want to be for any kind of communication or connection until you try.

If you still want minimum movement, but can not achieve stillness this way, you can try repeating a mantra into a meditative state. Focus on saying something. A sentence. An enn (for those unfamiliar, this is a specific sentence in demonic directed to the demonic entity that you want to contact, so this will only apply to other demonolators. You can still use the same method for meditation if you are not a demonolator, just pick something else to repeat over and over) could do well here, some even recite Christian prayers in this exact format. The goal is to find your sentence of power and repeat it (a mantra can be anything, but please don't pick something that is demeaning to you, there is power in suggestion). Over and over and over. Until what you're saying feels somewhat alien to you because you are just going through the mechanical motion of repeating without active thought. At that point you will be in the previously mentioned disassociated state. In order to focus on communication I would stop repeating the phrase here (gently, not abruptly), but try to hold myself in this mind state.

Some absolutely can not stay still though. If this is an issue to you and you are a musical person, I suggest trying drumming meditation. Take a drum (or really any item that you can comfortably hit) and tap it rhythmically to your heartbeat. Focus all of yourself onto this one task. Until you clear

your mind and the task becomes more automatic. You are looking for a similar state to previously mentioned ways of meditating here - when there is a disconnect between your arms and the sound, when the drumming is no longer a conscious act.

Lastly if you need more movement than just your fingers there are meditations that encompass your whole body. For example dancing meditation. For this get a long recording going of something that is rather monotone in the ease of following the rhythm. Some people will go for pure drums, others for trance music, anything that is consistent and not too distracting will do. Now let your body move. Close your eyes. What you look like does not matter, get every possible conscious thought out of your head. Just move. Move until you don't feel like it is you that is necessarily moving. Move until you're just path of the rhythm and there is no more you in there.

These mentioned versions of meditation are not the only versions of meditation available worldwide. The Sufi Whirling Dervishes, for example, practice a spinning type meditation. No matter what kind of person you are, there are ways for you to connect to the universe, so do not give up trying until you find the right type of meditation for you.

Chapter 14 – Energy expenditure

If you are planning on starting doing magickal work, you will notice that it tires you out. How badly will vary from practitioner to practitioner. If one first starts doing entity work without trying out any other magickal work, they sometimes attribute this tiredness to the entity being malicious and stealing their energy. This is not so. The contact in itself is what is costing you, as you are not used to doing magickal workings. The more you work, the less you will feel this.

If you are unsure how well you can manage energetic strain, I would encourage starting small. Here are a couple of ideas:

Try basic energy work!

First let us work on having you feel your energy. Clap twice. Rub your palms together, then pull your hands apart slowly. That feeling in between your palms as you pull them apart? That's your energy. Our blood flow and energy flow is highly connected, so increase one and you'll increase the other. When you get used to sensing this wave, you'll feel it rush to your limbs and back out again as you do this.

Knowing your energy will help you know your own energy reserves better, therefore it will be much easier to figure out when you are overstraining. Sit down. Close your eyes. Focus on your hands. Can you feel a slight light electric field around them? If not, imagine your energy as a small stream of light. Pull it from your hands to your heart as you breathe in, push it to your hands as you breathe out. When you master this wave, see if you can breathe in, hold your breath and spin that energy in your chest before releasing your breath and pushing it back to your arms. When you are spinning that energy, imagine a washing machine, something that balls it up and spins spins spins. Try to condense that energy tight before releasing it back out to your arms. See how it makes you feel (cycling energy often makes people feel more energized, plus this is a great way of cleansing your energy if you can feel that part of it is less than agreeable).

Afterwards try to deliberately expend some of this energy, until you can feel your energy leaving, or until you feel yourself starting to feel either drowsy, or dizzy, or in any other way less pleasant (go slow and absolutely stop if you feel any of those symptoms). The goal here is to not pass yourself out, so proceed carefully, but it will help you know your limits. Deliberately expending this energy can consist on just directing your hands into an object and breathing out that energy through your limbs into said object. If you catch yourself losing energy, you will know how this feels for your future magickal ventures. Crystals are absolutely amazing for absorbing energy. I am all for tool-less work, but if you have something natural, a rock, a crystal, a lump of clay even, try directing your energy into it. See how your energy changes how the object feels. A crystal (because I find them to be the easiest to judge energetic fluctuations with) untouched by your energy, versus a crystal that is touched by your energy should feel different to hold.

Alternatively, cup your hands and expend this energy into your cupped hands. Feel it. Try to circle it and form a ball. Now remove your hands and leave the ball alone. Run your hand through it. Can you feel it?

When you get good at this, you can start infusing your energy balls with emotion. This requires you to feel said emotion, then pull your energy back while keeping your thoughts on the emotion and then expend it into a ball in your hands. If you have a practising partner when they feel that ball, when you let it go, they should be able to feel at least a twinge of said emotion. If you do not have a willing participant, the only way to test this would be for you to manage to switch into a different emotion quickly and then check if your energy still hold a different feel. I would not suggest

involving unwilling participants, as other occultists often do not appreciate a random emotion thrown their way, let alone an energy ball.

Another advanced technique is making a shape that is different from your regular energy ball. Give your energy ball a single point. To do so you will need to deliberately manipulate this energy rather than just have it form into the shape of your cupped hands. If you have successfully created a point in your ball, try making a triangle. Or a square. It matters not if the shape doesn't hold for long, what does matter is that you can create said shape at all.

While I would highly recommend everyone to pick up energy work basics, another fairly harmless practice would be divination. The only form of divination that costs me enough energy for me to feel it these days is trying to dig into past lives of people. But mileage will vary per practitioner. I always found that using something like Tarot cards or dice is cheap enough that most people are not at risk from having that in their daily practice, while something like an invocation of an entity carries more risk.

Some practitioners get a daily banishment regime where they will banish any energy hanging out in their space. This can be a good way to stretch your muscles.

When you do arrive at contacting entities, please contact one at a time. I have seen a case of a person that decided to contact 3 separate entities to tackle the same task from 3 separate sides only to then completely sleep away a very important day for them, because they were too tired. Worse things can happen – I only realized how dangerously low I was on energy when I tried basic energy work myself and passed myself out.

In the end if you don't know your limits, go slow and steady.

Chapter 15 – Finding an entity to work with

This is not something that everyone will do, or need to do, but there are plenty of new witches trying to desperately figure out what Deity to pick, should they work with demons, angels, should have an altar and so forth. Considering that I did state that this will be the main highlight of this book, I believe it is safe to assume that those reading are interested in entity work. If you are not, simply skip some chapters.

Some people that work with entities are pulled to one very specifically. It may be one that came to them in their dreams. They might have felt like they needed to know more about a specific name and that name only. They might have seen a lot of signs attributed to one entity, or maybe they tried working with a couple and then felt pulled back to one in particular. The ones that have experienced the call do not need to search, for their decision was to either ignore or answer the call. That was the only decision that they needed to make.

Say you are not one of those people, but entity work still pulls you. Do you have a preferred pantheon in mind? Or perhaps element? There is a difference in knocking on a hundred doors and trying thousands. If you know that you are being pulled by angels, or demons, or the Greek pantheon, or a goddess associated with Death, or a Deity that represents nature, then this is an easy direction to research in. Open up a search engine. Throw in a term. Collect some names, sigils, enns, anything that you can find on the entities that you will be trying to call to.

This will be a very personal point, but I do not believe in closed practices. I believe that you can bar me from entering your place of worship, or officially try to join your religion, but I do not believe that you can bar me from practising behind closed doors. I do know that this will make some people uncomfortable, but in my opinion, if you are drawn to an entity, you are drawn to an entity for a reason. Most of us would have walked this earth many times and not always would we be born in the same region as you are currently born in, entities are not attracted to your current body, only to your soul. As with all things spiritual, remember to be respectful, take it seriously and do your research beforehand. If you do start working with an entity from a closed practice, be tight lipped about your practice (this is a good idea with any entity that is perceived in a more negative way, to be honest) and don't step on any toes trying to enter spaces that will view you aggressively, that is just asking for trouble.

If you do not have anything in mind, turn to divination. Know that human divination is not always accurate though and don't take the divinators word as law (I have seen plenty of people hurt by being pointed to the wrong entity), however it will help you get an idea for which door you can try knocking on.

If nothing else works, you can try contacting an entity in order to figure out what entity to contact. I have contacted Paimon before I have found my patron. I asked Paimon to help me find the right direction in my life and soon after I was inexplicably drawn to my patron, so thank you Paimon, you did what I requested better than I realized for a long while.

One thing that should not cross your mind when searching for an entity is their rank. There is some rank obsession going in occult servers right now and it all comes down to “my dad is bigger than your dad” sort of discussions. Actual entity standing is likely not something that we can comprehend, as they seem to function a lot differently than what we do when it comes to importance placed on rank. You want to work with what suits you the best, with what can help you the most, with what you are aligned with. If this happens to be a barely heard of entity, a not so popular Deity, or a demon of the rank of servitor. Spirituality is not a social ladder.

Before we progress, I must warn you that some entities will require you to know what you are doing. It is not my way, as I do not want an impression to taint my expectation before I meet an otherworldly being, but all I have worked with are demons and paradoxically they are safer than Deities, like for example Santa Muerte. If you are like me and want to head into working with an entity without their mythos colouring your possible impression, search specifically for how other practitioners honour said entity, what rituals they perform and what to do and not to do in front of the chosen entity. You do not need to know the mythos of Hades to work with Hades, but knowing what he answers to and what infuriates him is useful.

One last warning, please do not continue if you carry fear in your heart. No entity will feel like people do. Deities, demons, angels, they are all powerful and that power enough can awaken the need to hide in us. If you are entering the next phase here while already being fear stricken, expect either random spirits to feel invited to mess with you or for the entity themselves to find it fun to shock you. As mentioned in a chapter earlier down this book, you want to be religious trauma free, or at least at a level where you could expect this new encounter to be friendly and cheerful and not scary or traumatic. It is hard for good things to happen if you expect to be scared.

Now comes the part where you knock. Sometimes if you hit the wrong door, but just about the right pantheon you may find that an entity will send you to a more fitting entity, so even if you are not entirely sure it is worth trying to knock. Eventually you'll find your right path depending on which door opens and which does not, so have no fear and don't take last of answer as discouragement, it is simply the universe's way to make sure that you don't go towards where you don't belong. No-one gains anything by you losing years to being lost.

Meditate. The goal here is to clear your mind and get to a different state where you are much more susceptible to spiritual forces. You want to go at least far enough to feel slightly out of it, like you are not entirely in reality any more. Focus on your intended entity name, sigil, enn, any connecting element really. Focus on just calling to them with your mind. Keep this up. 10-20 minutes. You can stop if you feel a presence or if you were not answered after giving a long go. If you were not answered, this was not a door meant for you. You may still try by leaving a message of “if we would work well together give me a sign” or “show up in my dreams”, but most likely the entity found you not interesting. Some entities (Deities especially) will want offerings, so if you were not answered you can still give one last try by leaving them an offering, though I much prefer to not do so myself unless I know that I want to tie myself to the entity and work with them long term.

If you feel a presence, it is time to ask the question of “do you think we would work well together?” and “if not, do you know of anyone else that may be a good fit to work with me?”. Now you will need a communication method. I will expand on possible ways to communicate in the next chapter.

Let me add – do not expect to see the entity in the real world like you see people around you. If you are fairly visual as far as the other side is concerned, you can expect to see a shadow, or mist, but do not expect to meet someone that is as solid as you and me on this side. You can in your dreams, perhaps in a black mirror, or a vision, but not on this side.

Now as far as visions, black mirror sightings and so on go, don't be surprised to find the entity to not be as portrayed or to not be beautiful. Some will get a very pretty visage. Others will get to see something else. Entity appearance is not as set in stone as ours, so for one to appear as a dragon, a bull, sinister man and a beautiful angel all one after the other is not unheard of.

One note – you can knock onto the universe and see what answers. It is a lot more risky as you'll have no control on who answers, but this is precisely how some people found their entity. You can light a candle, write your intention on a piece of paper and then burn it, you can meditate with the

idea of “hear me universe, I need a guide”, just make sure that your intent is clear and as you do not know what door you are knocking on, it is best to ask for signs in your waking world and your dreams, rather than a straight up presence. Then you'll have a name and be able to freely decide what to do with it.

Chapter 16 – Communication methods

When we're in that trance state, some of us can feel the entity come through our thoughts. We all have that little voice in our heads that voices our thoughts. Entity thought may differ from yours by feeling alien, or by unexpectedly being voiced by a different inner voice. I am one of these people. I am lucky like that, as it means that I do not have to find how to communicate with my patron. If this is what you experienced too when finally sensing a presence, then congratulations, the answers may still come in riddles, but at least you will be able to know that you are receiving them.

What if you are not that lucky? Well there are plenty of ways to communicate with an entity. One type of such communication, that is a rather slow type, but allows you to get direct information is dreams. Simply ask the entity to come to you in your dreams and answer your question. How much of a ritual you will do before going to sleep that night is up to you. Some practitioners place some sort of focus under their pillow, like the entity's name. Some drink a tea blend that may be seen as an appropriate offering to said entity. Others will recite an enn or a mantra for the entity until they fall asleep. If the entity will not come to your dreams, or you are bad at remembering your dreams, then this method is not for you. If this method works for you, simply continue using it because you have found an effective way to communicate!

If you want communication while in that trance state and have any easy way for an entity to give you “yes/no” type of answers, you can try that. This will require any object that can be moved easily. For example, a pendulum. “horizontal for no, vertical for yes”. Another example would be a candle flame “bend the flame to the left for yes, to the right for no”. As far as setting up the system, the only limit is your imagination. It could even be dice rolling “evens for yes, odds for no”. You want your object to not require a lot of force, or to give the entity the permission to use a part of you for answers (such as you rolling the dice). To confirm that your system is working and it is not the draft moving your candle around I would do several questions in a row.

Next item on this list will be here if you are a very open person that has very few boundaries and do not mind the entity using you fully to deliver the message. For this ask the entity to come into you and guide your mouth or your hand. Now you can do automatic speaking here. Speak. Anything that comes to your mind. It does not have to make any sense in the moment, just make sure that you have a device recording your speech somewhere, so that later on you can figure out if you answered the question that you gave the entity. The less noisy way is that of automatic writing. You ask the entity to use you and guide your hand to give you an answer. You take a pen and a piece of paper, you keep your eyes closed and you write. After maybe a minute of writing, when out of the trance state, see if you wrote an answer to your question. Very few people will be comfortable being this open to an entity. I must tell you that in one of my trance sessions I accidentally channelled Lucifer to a point where I started voicing his communication to me. It was an odd experience. I do not blame you if you feel uncomfortable going this far.

You can use an Ouija board (from here on end I will call it a letter board in order to avoid the stigma). Contrary to popular belief a letter board is not evil, it does not need to be burned after use, on the other hand it can be burned after use. It is a phone. You are not trapping the entity inside the phone, you are simply using a device in order to talk to them. This will be tricky to achieve though as likely you are doing this very personal spiritual thing alone and are not surrounded by wonderful friends to lend you their eyes and fingers. It is possible to get the entity to use you to move the pointer, but if you are in a trance deep enough to be doing this, you are unlikely going to be able to comprehend what you are spelling. A second person would really come in handy here, though this experience is private enough that you are unlikely to invite a second person to go on this journey with you. If you made this method work though, well done!

Then we have the Tarot cards (or any other oracle cards that you believe could deliver a correct message). Here things get a bit tricky – make sure that you used this deck before and that the deck really knows you. You need time to befriend decks and troubleshooting if it is the deck that is not working, or if it is the wrong communication method for you and the entity will get complicated. Some card decks will hate some entities. My Solis Divinity Tarot deck does not like Lucifer one bit, though my Smith-Waite deck has absolutely no problems with it. Your trusted deck is suddenly giving you condescending answers? Yeah, the entity and the deck will not work well together. If the entity and the deck do work together make sure that you are phrasing questions in the positive, so that you can interpret positive cards positively. If your question is “Will we work well together?” or “Would you like to work with me?” and the answer is “2 of Cups”, this is a very positive “yes”. Now if you instead asked “Am I worthless to you?” and got “2 of Cups” are you going to interpret the positivity of the card as a “yes” or will you interpret the relationship aspect of it as “no, I would like to work with you”? As Tarot is something that I have a lot of experience with, I'll do a chapter on it further down the book.

There is another tool that is fairly useful, though tricky to use in communication – a black mirror. You can ask an entity to show you something on this surface, but this would be akin to trying to communicate in still photo frames. I'll expand on how to use one in the next chapter.

No matter the entity that you are trying to reach, or the communication method that you will decide to use, a couple things to keep in mind – do not lie. All entities have access to your mind when you're in contact with them, that is how they heard your call to begin with. Lying is insulting. Secondly, be polite. You wouldn't agree to work with someone abusive, so why would the entity?

One more thing – if you feel like you may have accidentally ringed a malicious spirit, or you have met the entity and it is decidedly the wrong one for you, you have the power of saying “no”. Plainly state “thank you for your time and I appreciate you coming, but I do not believe that this will work out” and end the communication. It is a relationship that goes both ways, meaning that the entity should accept you and you should accept the entity. If you can not see yourself doing this, it is perfectly fine to walk away.

Lastly, if you said to the entity that you will do something, actually do it. No-one likes to work in a one sided partnership and maybe they'll let it slide a couple of times, but if you continue on this path, you may receive anything from being ignored from now on, to a string of really bad luck. It is better to not give any promises, or truthfully say no, than it is to say “yes” and then back out of it. And in case all of this sounds very cryptic – as a personal example I was asked to dedicate some time to my Patron every day. If I got too sick to do it, he would understand, but if I deliberately decided not to, I would be breaking my promise. And as this is a small thing to give in exchange for guidance and luck, me breaking this promise would be seen as a grossly improper move.

Chapter 17 – Using a black mirror

There has been an increase in popularity in traditional scrying tools recently. If you ever want to incorporate a black mirror, or a black obsidian crystal ball (in case your favourite shape is round) into your practice this chapter is here for you.

First up, in order to use a black mirror, you need to own one. There are two key elements in this type of surface – it needs to be reflective and black. If you can not get your hands on a black mirror, or an obsidian crystal ball, you can make your own reflective surface by owning a black bowl and filling it with water, then setting that down on surface that will not wobble, as you don't want ripples in that. You can potentially use black nail polish and your nails, but the surface that you have to observe becomes so small that I really suggest just going with the water bowl option as the cheap option if you must. If everything else fails, you likely have an electronic device of some sorts on your hands. Switched off smart phones and tablets have the exact kind of black reflective surface that you need.

Secondly, for a black mirror to work, you need a very dark environment. You want to strain your physical eyes and the more tired they get, the easier the shapes are going to be to see. Lighting that I use when using a black mirror – a single large candle (closer in diameter to a drinking glass, than a birthday candle. Two tea-lights would probably produce an equivalent amount of light). If all you have is electricity, a single table lamp set in the complete opposite end of the room from you would probably work too (depending how well it disperses light in the room, if it is one of the direct office lamps, you could likely have it much closer, though shining away from you). As a test, look down at your dark surface – if you can still see your face, but not quite make out the features, it is a good amount of darkness. If you are struggling to see yourself at all, it is too dark.

You don't want to be too far or too close to the mirror. The size of the mirror and its form will influence this distance, but if you were to sit at a table, lean back into your chair to be comfortable and supported and the object was on the desk, facing you, this would be a good distance. You don't want to have your nose in the object, but it should be at most an arm's reach away from you, if not much closer. Aim for an arm to half an arm.

When using the black mirror, nothing should be reflecting off it ideally. I would position the light source that you are using behind the mirror, but not in such a place where it would directly catch and irritate your eyes and angle myself or the mirror (matters not if you are sitting and the mirror is standing, or lying flat on your table) in such a way that I don't directly reflect off it.

Communication with entities is only one of the uses for a black mirror and I suggest using and getting used to your tool before you pull it into your entity practice. You can remotely view a location, or see past and future using it. As with any tool you don't need a spirit controlling it to communicate with it, so start small. Set your intent on the mirror showing you a square, or a triangle. Try to peek at a location that is familiar to you.

The first time you are going to use the mirror should look something like this – you clear some space in your room for you and the mirror. You set the lighting and position the object correctly. You meditate, then you open your eyes and tell the tool your intention, or just focus on your intention very hard (for example “I want to see a triangle”). Relax yourself and stare at the mirror for as long as you can without blinking. The darkness will spill from the mirror, at some point you'll see something akin to smoke or fog dancing on that surface of black that should be your sole focus for the whole of the session. Eventually the image that you are expecting will emerge. If it doesn't, continue practising with simple shapes before moving to anything harder. Do not go longer than 30 to 45 minutes a session as this is an activity that significantly tires your physical eyes and you don't

want to damage them.

You can use a black mirror as a primary contact. It is not to my taste, as I prefer to feel the entity in the room with me before I use any tools to communicate with them, but if you need that barrier you can invoke the entity into the tool instead and use it as some sort of odd soundless video call. If you are going to attempt to use the black mirror in this way, you would be calling the entity and focusing on your tool until you can get visual confirmation that you reached your spirit.

As a tool for contact you can ask that the entity show you one shape for “yes”, another for “no”, if you are trying to figure out if the entity would like an offering (more on this in the next chapter), you can directly ask them to show you what they would wish to receive and you can use this tool to visually figure out what physical eyes are not meant to see – you can ask to see an afterlife of a particular person, or how the entity looks (assuming that you invoked the entity into the room and not directly into the mirror).

After finishing your session with the black mirror some practitioners prefer to cleanse the item of any left over energy (this can be done in many ways from smoking it, to running water on the object, to using your own energy to flood the object until it fills up completely and pushes out any remaining foreign energy). If this item is an item that you use only to contact one particular entity, I have found that you don't necessarily need to, as it will be attuned to that specific entity's energy after your first communication session. When your cleansing ritual is done, put the mirror away from prying eyes, preferably inside a cloth covering of some sort. You don't want the object to be catching glimpses from strangers and resetting your work when it comes to either keeping it clean of all energy, or attuned to one specific entity.

Chapter 18 – Offerings

No matter you are planning to work with an entity once, keep an altar to them, or just feeling like you want to please them, the idea of an offering may cross your head. So how should you figure out what an entity wants?

The most direct route possible is to ask them. If you are using a communication method that is rather open (such as thought communication, letter-board, or automatic writing) asking should not be a problem. Second best option is a visual aid, such as black mirror and asking the entity to show you what they desire.

If you are stuck with a more vague communication method, such as a pendulum, or a tarot deck and you don't want to ask the entity about every possible type of offering, you can investigate their myths, or ask other practitioners online. No-one is an island and dropping a question on an online forum somewhere can save you a lot of searching.

Are offerings necessary? No. Some entities will request them, but some will outright reject them. If rejection of the possibility of an offering puzzles you, know that you may fit into the puzzle that the entity is weaving without noticing, so no offering from you is necessary. For example, later down the line you may end up helping a follower of the entity that helped you, or you will mention the entity positively in passing and this will push someone else to contact them. This is not something that you need to think about consciously, so instead of being informed of this, the entity may simply state to you that no payment is necessary. Then, of course, some entities just feel satisfaction in helping. Your attention and thankfulness for said help can be enough. Same as you sometimes just do a good thing to do a good thing, not because it brings you anything.

Side note – sometimes you will be asked for an offering that includes you performing self care. I have heard of people being asked to clean their apartment, take a bath, or eat healthier. The entity is looking out for you, as a sick follower is not living up to their full potential (not a jab at those having chronic conditions, I have plenty myself, more as a statement that we are most desirable at our best and most entities will work to get us there).

If you did end up asking the entity if it wanted anything and the answer was “yes”, please use logic on what was requested from you. If you're told to harm yourself, or to harm someone else, assume that it wasn't the entity that answered you, but some spirit that thinks that it is being funny. If the offering is something that you can not get due to lack of funds, for example, apologise and see if you can offer the entity a replacement (wine is well and good, but if you are poor apple juice can be accepted instead).

While we are here, let us pull the cat out of the bag – demons do like blood in general, I have found. Blood is a very powerful source of energy, is personal and requires some amount of personal sacrifice. If you want to offer this, please use a disinfectant, sterile tools and don't use more than a drop or two. Painting your floor red will not do anyone any good, as you will just be ruining your own health. This is not beneficial. This ties into the previous point as if the entity asks for blood, it can be that they are actually just being themselves and find this to be an appropriate offering. Specify that you are going to be giving a single drop, if this is something that you will accept to do. Also know that it is a powerful tie to you, so don't offer this to just anyone. There is only one entity that I would entrust with my life energy and that is my Patron, it is not something that is wise to offer to an entity that you are meeting for the first time.

Now how do you deliver an offering to an entity? If it is an action (like cleaning your apartment), then that is fairly simple. If it is a food, or drink item, some people will eat it in honour of the entity,

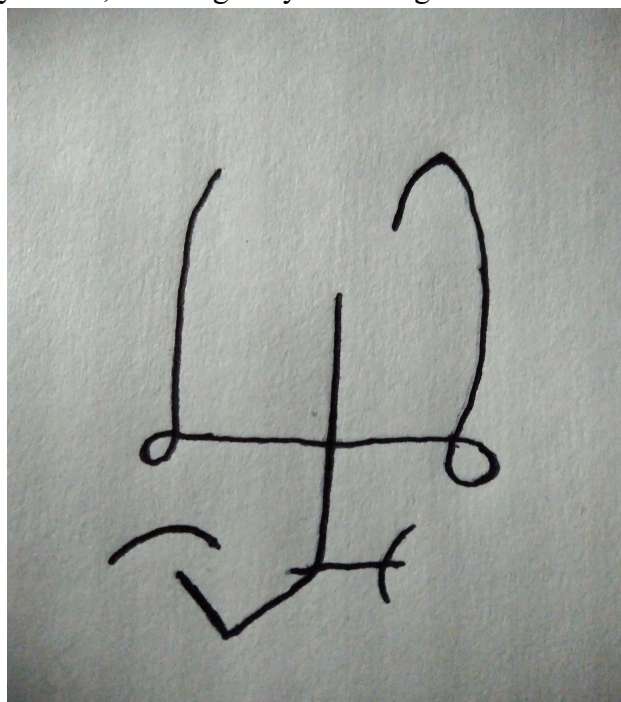
inviting the entity to indulge through their own senses, some will put that item on an altar and will leave it there for some hours. Afterwards the item will either be consumed (there are traditions that are extremely anti-waste), or thrown away (there are practitioners that view sacrificed food or drink as empty of its energetic value, therefore unfit for consumption). Lastly, if it is something like blood, you can put it on a piece of paper and burn it, or drop a drop into an offering cup (just remember to actually wash and disinfect the container afterwards). Experiment with what works best for your practice.

Chapter 19 – Personalizing your practice

I would strongly urge everyone that will be going down a path of a less strict spirituality to personalize their practice. There is nothing wrong with the tools that are at our disposal, but it is easier to connect through something that is your personal doorway, rather than an item used by all. Think of this as putting someone's phone number under a nickname in your phone, rather than the very official “first name – last name”.

Now how this will look will depend on a person. Some will associate their entity with a real life item, such as a plant and have that plant on their altar instead of a more widely used name, sigil or imagery. Some will make artwork dedicated to their entity and will use said artwork as a focus point.

One fun idea to try if you are up for it is automatic drawing. This is similar to automatic writing mentioned in “communication methods”, except instead of writing, you ask the entity to help you draw something to help you connect to them. Then you let your hand do its thing and only stop to open your eyes when you feel like you have finished. If at first you don't succeed, you can try again later, as just like automatic writing, automatic drawing takes some getting used to. Having used this method, it is not the regular Lucifer's sigil that I use, but one that was given to me. I also engrave it as a sign of protection into certain magickal workings of mine (I made a statuette of protection before and it has served me very well, it has the mark of my Patron on it). I am allowed to share it here, but remember that nothing will be as strong a focus point as a focus point that you made yourself, meaning for you this sigil should work no better or worse than the official Lucifer's sigil.



One way to know that you have successfully received a focus point is that the focus point will look coherent and clean. Sometimes you will need to remove a line here or there, but it should not look like a mess of lines with no rhyme or reason.

If you are still stumped about how to personalize your practice, talk to your entity. We have established communication methods above. Talk about what would they like and what you associate them with and are your associations alright. There will be books upon books telling you what the

correspondences to entities should be, what rocks, candles, colours, signs work best for every entity and if you feel like it helps your practice, or you are prepared to get a whole bunch of items ahead of time to help with your first connection (I do not recommend this, but it is your money, you do with it as you wish), go for it! But don't take it as law. The current candle that is sitting on my altar is a green coconut one. It has nothing to do with my Patron's official colours, but this is a colour that he confided he enjoys too and coconut scent is purely for me. Now make sure that your entity is not against it (mine has nothing against coconut) and as long as they're not against it, have fun with your practice. Customize it. Hide it. Put it on display. Be proud if no-one can recognize what they're looking at, because you decided that you wanted an altar, but at the same time you didn't want to be open about your beliefs, so actually that picture of a camel hanging above your book case is your connective point.

On that note, mini chapter that didn't feel like it should be its own full thing – **altars**. Altar, roughly, is defined as some sort of flat topped block with items on it that you will use as a focus point in any kind of religious ritual. In reality I would describe it as an area dedicated to your entity, or entities, where you keep your practice related things. How much of practice related things you keep on an altar is entirely up to you and your entity, together with will you go for an altar or not.

I have a traditional altar – this means that I have dedicated a flat surface (in my case a side table) to my entity. This side-table is used for absolutely nothing else. It has a cloth, an abstract statuette (I did not want to have a concrete item representing my Patron, so I went with a statue of a cut off hand that carries personal meaning to me), my Patron's before mentioned sigil, a candle, some crystals that I dedicated to my Patron (I can use them to connect with my Patron whenever I feel like I need extra help establishing a connection, as those crystals energetically feel like my Patron) and a sacrificial cup. In this cup I burn or place offerings, the candle I light, the sigil I look at when I am trying to reach my Patron. I keep items that I do not use with my Patron often, such as my Tarot decks and my pocket knife (that comes in use for my craft when I need to point at things, or cut paper into pieces) away from my altar, as these items are for my regular use and not for Him, but once again, if you decide to have an altar what goes on it is only between you and your entity. Some people hold everything to do with their practice on their altar.

I call that a traditional altar, because it is in the open, it is always out and it is not disguised as anything. When one can not have an altar out all the time they may, for example, make a portable altar. This can be anything as mundane as a tea set – some witches will lie offerings on coasters and said coasters will be kept in a special place, as to not be used for anything else but entity related activity, however if you have guests in your house, you can easily excuse having a tea said, similarly to having a prized porcelain set.

Then there is a disguised but not portable version of an altar where once again you will use mundane spaces and mundane items that will have religious significance to you. No-one is going to be questioning a picture of a camel hung above a bookcase, nor is it so odd to have incense or a candle burning right next to it, after all such surfaces are used for decoration and this is precisely what it would come off as.

Lastly, for those that want to have an altar, but absolutely can not, there is a concept of an astral, or mind altar. This means that when you go to do your meditation to connect with an entity, you will take an extra step to imagine an altar in front of you that is always the same. I suggest starting with something simple as holding a stable image in your head to perform religious workings on is harder than one would think.

Is it all altars, you may ask and the answer is “no”. Your practice can be as varied as your imagination will let you. Some people use music to connect, others worship through dancing. The

important thing when crafting your practice is to ask the entity before proceeding with idea and choosing ideas that matter to you.

I do need to leave a note – please take your practice seriously. Whatever “serious” means to you will vary. There are chaos magickians that will put up altars to video game, anime and TV characters. They are aware that by infusing their image with energy what they are creating is an egregore with a specific personality. The fact that this wasn't a real entity deters them not as they have a use for said energy and have actively built towards a concept that is usable. On the other hand if you decide to dedicate yourself to, for example, Thor, but actually you built your altar towards the Marvel's version of Thor, are refusing to read up on Thor's myths, but are insisting on stating that you are practising your faith the correct way and are not engaging in chaos magick, I would not be surprised if other practitioners do not want to associate or interact with you. This is plainly disrespectful. So know where that line is. There is nothing stopping you from building egregores from Marvel's characters, I want to make that clear. But know what you are doing here and do not be dishonest about it.

Chapter 20 – Strengthening your connection

Now one thing that no-one tells a new practitioner is that when you do establish a regular entity practice your connection won't be the same day to day. Some days you'll feel them very strongly, other days you'll struggle to find them at all. Factors are many, from seasons, to time of day, to the moon phases, to how well you feel that day and how easy it is for you to focus. Outside of medical reasons I have not connected my connection waning or picking back up strongly to anything in particular, but I know that everything ebbs and flows and highs have to also have lows. So first of all, first time this happens, do not panic. It will surely pick back up again with time! Now this time, it may be days, it may be weeks, but it always picks back up.

If you can not wait that time and you must converse with your entity tonight, then the most that you can do is what you are already doing, but for longer. Prolong your meditation, spend extra time in full focus. Wear crystals that facilitate communicating with spirits, light candles that you have dedicated to your entity, everything that you can think of, do.

In extreme times of need I personally use blood, because blood is such a powerful force. More is not better, so a small amount will suffice. Otherwise I can also offer my life energy and call up for my Patron to find me in space and strengthen the connection between us. To put it in regular terms I am shining a beacon and asking him to triangulate on me and find me because I need to feel him to know that I am not just talking to air.

If you think it helps, hold a journal and chart when your contact has been strong and when it waned, then you will be able to see a pattern and after establishing a pattern you can calm yourself going forth.

Sometimes you may lose the connection completely, though it will never come out of the blue. It is often because the spirit doesn't have much to teach you this very moment and will tell you to live your life a little bit further and make your choices until you mature enough to take in lessons again.

The important takeaway here is that spirituality is growth and spirituality is messy in growing. There will be good days, there will be bad days. No-one ever avoids that. So do not panic if a bad day comes and you feel like an impostor because it isn't the rosy picture that you see some other people online portray.

Chapter 21 – Finding your higher self

This is going to be relevant to further sigil explanations and in general a good thing to keep in mind when dealing with entities and needing a way to differentiate between one's own self and something else.

The you that is here now is affected by social norms, by the raising that you got, by your own physical and mental capacity among many other factors. The personality that you wear right now could in-part be a construct of your current time and place, one that you hide behind to be acceptable for the society, one that you have learned. Your higher self is a version of you that holds all the past lives and memories and the eternal version of you that does not get influenced by the here and now, or rather can get influenced by what you are building towards slightly, as that is the whole point of being on Earth – to learn and to grow.

Your higher self is not your subconscious though and sometimes it is very hard to explain what your higher self is like unless one actually has felt connected to it at least once. I have found that different people will have different triggers for what can connect them to that layer of themselves and when they do connect, they may find it surprising that their higher self is nothing like who they are here and now.

Here are where the things get tricky – you are not guaranteed to ever be able to experience your higher self and without that ability to know what your higher self feels like, you can fall into a pit that is “am I communicating with an entity, or am I communicating with myself?”. Alternatively you will have practitioners that try, fail and describe their higher selves as their subconscious when indeed it is nothing like your subconscious.

If you can not differentiate between your higher self and an entity, I propose not sweating about it. Is whatever you communicating giving you good advice? Yes? Well then continue considering it to be whatever you think it is and don't overthink it, overthinking won't help.

How do you find your higher self? Well plenty of articles will tell you to meditate with intention to reconnect. And it will work for some, but it also leads to that pesky confusing higher self with your subconscious side-effect that happens to those that don't manage it. I'll tell you what my trigger was – talking about afterlife. My higher self has a gut reaction of “wrong” whenever someone states something about that place that highly disagrees with me. Once I felt almost possessed as another practitioner came down from their meditation and started sharing their religion. My higher self went “no” and we went into a 2 hour long argument which I barely remembered when I came out of that state. Me and my higher self are practically the same being, as our current personality is barely different from each other, but my higher selves presence feels heavy. Like someone landed an invisible stone on your head. And they know more than I do. Having that information I could have safely defended against “oh you're just connecting to yourself” when such argument came up in an entity-work related discussion. My Patron feels cold and sparkly. I don't feel cold and sparkly. I just feel heavy. My Patron has a personality much different to mine, while I have a personality very close to my current self.

I have encountered those that will state that your higher self has no personality. But then again I also encountered those that tell me that entities are just currents of energy. I suppose in a way I am very much an animist, as that is what works for me, but I believe both high-selves and entities to be more than just an energy current. That is like describing our current selves as atoms. Technically true, but also not what you see and feel now, is it?

If you do locate your higher self, there are fun workings to be done, but don't sweat it if you can't.

You may need your current Earth armour to function and stripping it can be detrimental, so if you come into contact with the real you, let it happen organically, when you are ready. Don't push for it. Similarly to how you should not work with entities if you feel fear. There is a time and place for everything and we will be where we need to be when we need to be, not before, not after. I often ponder what would have happened if I started my practice earlier and perhaps lived healthier happier years, but in the end I am where I need to be and I got there when I needed to get there. The rest of my path had to be there for me to be here now.

Chapter 22 – Sigils

This is where the previous two chapters come into play and it will be relevant for the chapter coming right after. As I said in the opening letter, I am planning on putting down everything relevant to my practice, entity related or not and sigils are how I do majority of everything.

Let us talk about a traditional sigil – a traditional sigil is something closely related to chaos magick – it is a sentence translated to a symbol that is then unleashed onto the universe for it to work. A great method for making a traditional sigil is to write down a sentence of intention (please formulate this in the past or present tense, as future tense will never come, as future is always in the future and avoid negatives in order not to get your own head confused). To give an example I will vaguely paraphrase one sigil that I used to get rid of a client that was developing an unhealthy attachment to me - “first name last name forgets about me”. Then you want to remove all vowels from the sentence, leaving you something similar to this - “frst nm lst nm frgts bt m”. Now remove all repeating letters, leaving us with “frst nm l g b”. You use these remaining letters and with utmost concentration you draw a picture with these. You can use the same letter to represent many, so an “M” can also stand for a “W”. In this case a single line can get a dash at the top to cover for T, then a half dash lower to cover for “F” and a half dash at the bottom to make an “L” too. You want these as simplistic as they can be, but sometimes visually pleasing can really help your mind, so experiment, see if you can incorporate extra shapes, compare what works for you and what doesn't. You are recommended to focus on yourself. Statements like “I am charismatic during my interview” or “I have the focus to study for my exam” will be the best ones to do. Statements to do with other people are generally seen as a no-no, because they are hard to make work, but I gave the example that I did, because it worked for me. Avoid negative statements as much as possible, as our brains tend to struggle with the “not” part and are able to instead wish our nightmares into being. “I do not crash my car on journey YZ” can be replaced by “I safely reach Z”.

There is another way of doing the traditional sigil, which is to translate your desire into a picture and then pictogram that picture as much as possible. You want a simplistic image that your mind will be able to understand. So if you would like to increase your bond with someone else, you may, for example, draw two stick men with a circle around them. As long as the intent is there, you understand what it is and it doesn't have too much detail, it will work.

After your sigil is done, you want to charge it with energy and forget what it was all about. You can do the previously mentioned way of expending your energy onto the sigil in order to power it, or you can leave it in your room to collect energy over time. I always end up with a stack of them lying around and then activate them all at once. What is activating you say? Well that is when you get yourself into meditation, then just as you are completely out of it (some have extra methods to get to this level of being out of it, such as holding one's breath until you feel like you're going to pass out, or doing this just as you are approaching climax while doing something very indecent with yourself), you flash the sigil in front of your eyes. Destroy it right after. And it is done. The desire should be registered. And at this point you should not remember what the desire was until you encounter your effect.

There is a crude way of empowering a sigil that some practitioners may choose to use, which is to use a drop of blood on the sigil. It is like expelling your energy, except with a more powerful lock and very physical. If you choose to use this before burning your sigil, know that what is done may be very hard to undo, so only resort to it under special circumstances.

Why did I say “traditional sigil?”. Because in my practice I use sigils for everything and in ways that they were not meant to be used. I have several that I will never activate or burn, for example, as they work passively. It is an effect that I want to always have running. Sentences to try in entity

work could be “my connection to X is strong”. I have one for “my divination is accurate” on my desk as I write this. I find that forgetting these helps, but they seem to work for me by just existing, as long as I put enough focus into them when making them.

If you can reach your higher self, there is a fun little thing here where you can turn words or whole sentences into pictures without using the traditional sigil method. It is called “the language of desire”. You want to use the automatic drawing method, but instead of asking your entity for a personalized sigil, you ask your higher self for their translation of words. When you feel connected to your higher self you would want to meditate until all that is remaining in your mind is the word that you want translated and let your arm do its work without knowing what it is doing. This way you can have personalized pictures that no-one else will be able to read well. For an extra layer of obscurity you can incorporate these pictures into artwork around your house, so that there may be a pretty picture on your wall, or it may just be a pretty picture on your wall that is also boosting your connection to your entity. If you can not find your higher self, you can still ask the entity that you have chosen to work with to help you, or you can use the traditional sigil making method, though that one would be easier to notice on an artwork.

You can also use sigil method to create affirmation mantras for yourself to use during meditation. Take a sentence of desire, for example “my connection to X is strong”. Then turn the whole sentence quasi-phonetic (as in, write the sentence how you would pronounce it), this turns our sentence into something like “mai ka'neksun tu eks iz stron”. Going further, remove double letters, leaving us with “mai ka'nesun t z ron”. Now rearrange this mess into something that is easy and fun to pronounce. You can add some vowels if needed. So let's say, we turn what we had into “kanemai zunt sron”. Now every time I meditated I could utilize this mantra to get into a meditative trance. It is removed from my original desire enough to let me forget about the original desire, but I would be reaffirming my working every time when I use the mantra.

There is no limit to how far you can take the practice of sigils, which is why I utilize them so freely. Want to make one that will be powered by attention to it given by other people seeing it? Go ahead. Want to make one in order to curse or hex someone? Go ahead. Want to use one in a location to direct the energy from the location into a working that you are currently doing? Why not? The sky is the limit. If you can think it, you can probably use it.

Chapter 23 – Protection and banishment

When one starts practising anything occult related they will often come in with either societal stigma, or with their peers telling them how dangerous it is and how they should start by protecting their space and how seriously they should take protection rituals. Let me tell you something – the only protection that I ever had to use was against other people, not entities. Regardless, here are some key points on safety:

You are the master of your space. It matters not if you are renting, if you own the place, or if you are performing a working outside, for as long as you are doing the working, you are the master of your space. Your willpower and lack of fear is literally your best tool. If an entity is trying to mess with you laugh at them. Genuine laughter is a powerful banishment in its own. Assert your space and demand that they leave. Know that you can not be touched, or affected. This knowing goes a long way.

If you are working with an entity of any kind (organized religion or not), ask your entity for protection and if need be help with banishment. If you can not count on your own strength, this will be the second best weapon in your arsenal. I not only feel protected by my Patron, but have some personal evidence that said protection works wonders. So if you can't call upon your willpower, call upon your faith.

If this is the first time that you are performing an invocation and want no other entity to mess with it (I have found such protections to be not necessary when moving forward with my craft as I know what my Patron feels like, so I won't mistake an impostor for them and no spirit has been unwise enough to try to interfere. If you feel the need for this, feel free to repeat the visualization every time when you are performing a working) what you can do is visualize a circle of light around yourself. You will be inviting the entity that you are trying to contact into the circle of light that is around you, but the circle of light will keep everyone else out. If you are not a very visual person, same effect can be achieved by drawing a literal circle around the place that you are sitting in with chalk, for example, as long as you do so with the intent of “this is my space, only me and X is welcome in it”.

You can use wards. To construct a ward you will need to either construct a spell using an item that you associate with the action that you want to perform (for example, a lot of spell reversal spells will utilize a small hand-held mirror as a way to state “I reflect this back to you”, I use an acorn with a string to say “I project any badly meaning energy into this acorn as it enters my space and then, just like a spring, it springs out and away from me”), so it has to carry meaning to you (that is the most important thing about intention), or you can utilize the previously mentioned sigils to make something permanent, meaning it will be a sigil that you will keep around, maybe even etched into an item that belongs to you, rather than one that you destroy. For example, a sign at your doorway that says “all evil spirits must turn around here”.

Another idea would be to ask the entity that you work with to fill a vessel of sorts with their energy to grant you a little protector. I made a clay statue in my house that is meant for protection, both physical and spiritual. I engraved my Patron's sigil on it and asked my Patron to grant his energy for this small item. You can construct your own protector that way if you want something a bit more complex than a simple ward, but this would be making a servitor and servitors do need to be given energy to continue existing. It would entail charging this item with intent of it protecting you and your own energy. The more complex the instruction set that you want to give the item the more energy intense your ritual to recharge this item will be, so if you want to be very specific in your instruction set keep this in mind.

If you want to remove all energy off your space, including any nasty spirits hanging around, you can use smoke to do so (just remember to not suffocate yourself, be mindful of your pets and don't set off smoke alarms. I smoke my work room from time to time when I find the energy to be stale and not moving). Salt is another element that is considered purifying, so if you want to get rid of an attached entity, you can take a salt bath. If you want to keep things out of your house, you can mark doorways with a line of salt.

Most of the protecting that I do is against other people and their intentions, not necessarily spirits. If you find it difficult to function around large groups of other people and you are catching their emotions, because you are that empathetic, consider visualizing your own energy expanding into a shield around you, like a nice big bubble. It is hard to upkeep a visualization of a bubble the first time that you try and it can be energetically costly, but the more you practice, the more automatic and free it will become. You can then try advanced visualization where your bubble has holes and said holes let through specific feelings, or people, but not others.

As there is no limit to what you can protect yourself against and you can always make your own working of protection that will work as long as you do it with intent and focus, don't limit yourself to just spirits. For example, I have a ward against prayer. My family must have missed me badly during one Easter (we live in different countries) and it coincided with them finding out that I do Tarot readings for money, this worry caused them to pray for me and during those days specifically I found it very hard to contact my Patron. The moment I made that ward I felt so much better. The intent from the person does not need to be negative for it to have a negative impact on you. For example, someone may be praying that you would see the light and switch to a better career, or marry a better partner, or to change your sexuality, or any number of things that are part of you as a person that your family disagrees with and you can very much do a working to protect against their well meaning, but misdirected intention.

This is a good place to add a section on online safety – be very careful about what you post, especially in occult spaces. Someone knowing your name, having access to your photograph, especially a photograph of your eyes, that is a powerful connection. If I wanted to do a working on you and you were indifferent to your username and your avatar, I would have a lot less ability to connect to you than if I had your face and your name. Another powerful connecting piece of information is your astrological birth-chart. They are easy to get and too many people will freely post these. Be responsible with this information and make sure that you trust the other practitioner if you will share something as personal as that.

Another bit that is always overshared by those excited about entering the occult – your altar, the tools that you practice with and everything else that is energetically connected to your practice. It is a lot less likely that this will directly be used against you, but your energetic space can be messed with. You don't want to be wiping that gunk off your sacred space just because another practitioner had a grudge strong enough to act on it.

There is always the option to using little wards on every screenshot that you share (you can make one as a sigil and then overlap it over what you are planning to post with an intention like “any negative energy sent forward will disperse” or something similar). There is also an option to share it to spaces that are not connected to the occult as non practising people are not likely to do anything with your personal photos, but it is a lot easier to just share less about yourself.

I did mention indifference to your username and avatar as well – the more personal these are, the closer they become to your heart and to your identity, the more of yourself you see in these items, the easier it is to use this information as a connection to you, as you are grasping onto it energetically as you would be grasping onto your very own identity.

The opposite is true. The further your online identity is from your real personality, the harder you are to attack. This is why a famous person is hard to attack with magick – the personality that they wear on TV and in meetings is not likely to be the same as the personality that they wear when alone, meaning that anyone that tries to attack them is attacking the perception of them and not the real them.

In the end, no practitioners will bother to target you, unless you significantly step on their toes, but if you are planning to be spiritual and especially visible while spiritual, it is good to be aware about what is possible and take precautions beforehand.

Chapter 24 – Grounding and using negative energy

Grounding as a word will mean two things to practitioners – in one version it will mean staying grounded in reality, not running away into your mind and focusing on the mundane as much as you do on the spiritual.

In the other version it is a way to stabilize yourself by getting rid of excess energy, the jitter than you feel after rituals, or bad emotions. The most basic version of grounding here would be taking the time to breathe, collecting all the negative emotions, or energy that you want to get rid of in your chest and then expelling said energy either through your hands or your feet into a natural element, such as the Earth or water. This is not the only way to ground – I ground by expelling said energy through my back into a running shower. Some sit down and expel said energy through the bottom of their spine. There is no one right way to ground, so if you need this practice in your life, feel free to experiment with how different types of grounding feel for you. How often should you ground? As often as you feel necessary. I ground rather rarely as my energy reserves are very precious, but there are practitioners that ground daily.

Now going with nothing is wasted mentality, I know one practitioner that instead of grounding that energy, they connect to their entity and will the energy out of their hands upwards as a donation to the entity. Before engaging in this make sure that whoever you are working with is okay with this, but it can be seen as a rather mutually beneficial offering if an agreement is reached.

I have my own version of this. I have an odd assortment of crystals and rocks on my table. If I am emotionally hurting, I grab a rock (coarse crystal of any kind can also do, but something goes “no” in me when I touch the smooth ones. I need something substantial and earthy), then I breathe in and slowly breathe out while pushing that hurt out of my heart and directly through my hand (my left hand is my dominant hand, so it seems to work the best with it, even though the right one can be acceptable too if for some odd reason I can't use my left one). I repeat this process until I feel much better and nothing hangs heavy over my heart. Then I leave this rock on the altar to my Patron. I clasp my hands and ask him to purify it. Next day I thank my Patron, take it off the altar, hold it in my hand and inhale my Patron's energy until the rock is no longer cold and buzzing, but rather feels like any other rock that I have found on the side of the street. It is important to note that I did not start doing this without talking it over with my Patron. I simply noticed that I can use rocks to ground and worried out loud to my Lord that I don't know how to purify them after and I felt a thought come into my head that “it is alright, leave them on my altar and I will do that for you, I don't mind”. Must stress here again that as in any relationship between two people, you should not do anything that involves your entity without disclosing it and discussing it with them beforehand. It would be very rude otherwise and can be seen as an action done in bad faith.

For emergencies, when I have done something really off magically and am feeling unwell because of it, I have a mixture of ingredients that cut and ground energy. I own a glass vial that is full of chopped up dried lemon (fresh works, but I wanted this to not rot at a very fast rate) and salt. Lemon is sour, so it cuts energy, salt has protective properties and also removes negative energy. If I need to ground fast and do not care how much energy I will lose in the process, I pick this vial up and hold it until I feel better. If I hold it for too long I do make myself tired and shaky from having too little energy, so it is a fine balance. This is a very potent tool, I have found, so I only utilize my vials when I absolutely need them.

Everything is energy. Curses are just condensed negative energy. Once you understand this, you will see that there is another purpose for negative emotions – you can condense them and focus specifically on injecting that energy into your target. This works the same as grounding, except that now you will want to either expel that energy with force, or imagine energy tendrils coming out of

you, connecting to another person and then slowly injecting all those bad emotions into them. At the very least you will make them physically ill from this.

As far as moral concerns go, I expect every practitioner to judge for themselves. I do not like being the destructive force, nor do I find fostering destructive tendencies to be healthy. On the flip-side I am no angel and I am not expected to be one, meaning that if I feel the need for heavy artillery, I will resort to both mundane and magickal means to target individuals. But, once again, my energy is precious, so for this to be the case, one needs to be causing harm to me or those that I care about and the harm must be serious enough. A loud neighbour is not worth the effort, a persistent stalker that is set on destroying one's life is. This is my personal judgement. You have a head on your shoulders, use it. Do remember to know your limits first though. Or don't. Your choice, your consequences.

If you understand that curses are just condensed negative energy, you can expel said energy through grounding and wash any clinging energy off the surface of your skin. Salt is a relatively easy to find item that has strong associations with protection in many witchcraft traditions, so if you are feeling like you may have some bad energy sticking to you, take a salt bath. Though remember to wash it off afterwards, unless, of course, you like feeling salty.

If you are energetically well versed and can feel the negative curse hanging on you as energy, you can eat that energy, however I do not recommend doing that unless you are well versed in taking energy and know that you can process this energy without causing yourself sickness. To eat the negative energy flung at you, just visualize yourself absorbing it, pull it closer to your core with every inhale and then spin it and as you spin it visualize this energy becoming clean. Release your energy back to the rest of you when you are satisfied with its cleanliness.

Chapter 25 – Vampirism and you

Don't be shocked, this chapter here is not to convince you to do some “evil” deeds, but is more of an add on to grounding, as if we are going to be talking about unloading energy, we need to talk about taking it as well. This is also a useful chapter for actual energetic vampires in denial, as some will be taking from their environment automatically without realizing and it is safer when there is knowledge and you are not accidentally stealing energy from all your loved ones.

Ritual work takes a lot of energy and this energy does not need to be yours. Some practices are so used to taking energy from the earth before a working, that they call the intake of energy grounding, just as they call the release of the energy as grounding. I am a bit more cautious with it, as not everyone will be able to process the energy that they took, nor will the same kind of energy agree with everyone. If you know that an activity is going to be particularly draining, you can try to get yourself a top-up of energy either directly before your working or directly after. Only attempt to top-up before a working if you know that you are running not on your maximum amount of energy as is. Sensing this will take some getting used to. You can not overfill yourself, as you have a finite amount of energy that you can fit into yourself, but you can hit a point where you have too much energy, think of a balloon that can't burst (because it is made from flesh and bones), but can stretch uncomfortably. Side-effects to having too much energy can include having a nasty headache and high blood pressure. You don't want to over-pressurize yourself.

Nature energy – the Sun, the Moon, the ground, trees, is one that will be most acceptable for people to experiment with, though I don't recommend experimenting with small plants, such as houseplants, as you will harm it and potentially cause it to wilt. Pick your type of energy and stand in the presence of the chosen element. If it is the ground, or a tree, touch it, if it is a body in the sky, raise your hands. All of these energies will feel different, so if you find one to really disagree with you, you can still try another. Now close your eyes and with every breath in, imagine you pulling that energy off the object and into you. Your choice on how it enters your body, I prefer my arms, but if it is easier for you to visualize this energy entering the top of your head, or the soles of your feet and travelling towards your centre, go with that. If you need to, imagine little tendrils of your own energy extending past your frame, catching this energy and pulling, or sucking it in. With every breath-in pull the energy closer towards your insides, with every breath-out imagine you blocking yourself from exhaling this energy. When it hits your centre (for me this point is somewhat just below my heart, but it will be individual person to person as to where you consider your most important point to be) spin that energy with your own. Imagine you whirling it around. Then let your energy and this new energy to return to the rest of your being, as you consciously unattach from this pulling activity. You can use a technique in which you send out your tendrils and pull that energy in on any type of energy, but I won't elaborate there. Though if you are going to go after people energy that is still attached to people (and you can find people energy no longer attached to people if you frequent places with many others, such as parking lots, or shopping malls, as some energy sheds off normally anyway) try not directing your pull towards one specific person, but try pulling just a little bit from multiple passers-by, this reduces the risk of any complications in them, as most people won't even feel it. There are some unfortunate souls that absolutely require people energy and small amounts of everyone won't do. In that case there are places to go to find willing participants for this, as if you will try to force your way in and the other person will fight you, you will lose more energy than you'll gain. If this ends up being your need, I don't envy your path, for it is a hard and rather social one. It is your practice, your business. Now after you are done pulling some energy – how do you feel? How did it make you feel? Some people will find that some sources cost more energy to pull in than they get, or that they feel poorly (hence why I suggest trying to small amount of energy off multiple sources, to find out what works for you, rather than advocating pulling this energy in from the Earth specifically each time when you ground). Find what invigorates you. Then you'll know that you can indeed use that source if you need it.

There is a less direct way of doing this, but if you are going to attempt it, don't ever direct that energy stream to yourself, due to the potential to over-fill yourself. I have learned this lesson the hard way. You can make a sigil and put it on either an item, or on the ground in the location. For this you will also need a vessel on your side of some sorts, this could be a particularly large crystal, or even just a box. Word the sigil something along the lines of "pull X energy off this site whenever this vessel runs empty". Mark the chosen item, or describe the item very specifically in your wording. Sometimes people will put the same marking on the location and the item, it all depends on how you want to work your working. Now you should be able to go home and place your vessel in a safe place. Whenever you need a recharge, just pull off your vessel.

Chapter 26 – Clairsenses

Clairsenses are the way that we sense entities, energy and anything else that is not on our plane of existence. I will name them all once here for educational purposes, but if I ever need to talk about them in text later, I will just refer to them as “clairs”. Being able to see energy, entities and so on is called “clairvoyance”, the ability to hear is “clairaudience”, interpreting an entity, emotion or energy through touch is called “clairsentience” (this word can also describe having intuition and gut feelings, as it is sense in general), being able to smell what is not physically present is “clairalience” and tasting is “clairgustance”. There is a word for knowing without being given information - “claircognizance”, but often times it is not counted as a sense that you can train, as it is not sense, it is you being receptive.

Where do we draw the line between sensing the other side and mental illness? I would draw it at it interfering with your life. Other psychics may draw the line at your sense being able to be cross checked by a second person that is also a practitioner, or you recognizing that an entity is there specifically at doing a ritual, but in the end this helps not for those having lived with an extra sense most of their lives, as the line is very blurry. Smelling something that is not there out of the blue could signal a significant medical issue and being unable to tell what is real and what isn't physically here signals that you can't function too well and that you need to see someone, but if you're living with a clair sense and it is not interrupting your day to day living, take it as a part of you.

How to identify what clair sense you are best at? There are plenty of people that will tell you that the best way to do this is to identify which sense speaks to you the most, but my main clair sense has nothing to do with what I use the most in the physical. Clair wise I am deaf and nearly blind (I can faintly see auras, mostly on myself and large living beings, such as trees and have witnessed a couple of orb entities, but it is not a sense that I can count on), I can't smell at all and my ability to taste is odd to say the least. My main sense is touch. I can interpret emotion through touch, I can interpret a person's energetic body through touch and I can taste through touch. The way that I arrived at knowing what my best clair sense is was this – think of a person that you know, that you are connected to. This can be a friend, a partner, a family member. Prepare some sort of item that helps you connect to them. This can be their personal belonging, a picture of them, their name. Keep this image in your mind. Meditate. Reach for them. When you successfully feel like you are not in your own environment necessarily, what do you sense? Can you see their energetic body? Can you hear anything? What I found is that when I reach for people, I practically teleport energetic hands to them. I reach for them very literally. I know that I'm somewhere else when I can feel energy in front of me. That is normally the person that I was reaching for.

If you feel that this kind of exercise is too hard, there is the more traditional way of identifying your best sense – meditate, hold a scene in your mind. If you have seen the scene before, it will be much easier, so pick something, a poster, a picture and hold it in your mind. Try to sense the scene. Can you hear it? See it? Is it the the wind on your skin that comes through? Or the smell in the air? Perhaps it is a taste? I must confess this type of identification is harder to me than seeking after a living person. So everyone is different.

No person will have all clair senses at a perfect level. And you'll find that if you consciously try to increase sensitivity in one, you may lose some sensitivity in another. So keep that in mind.

Now as far as as honing your senses go, I can give an exercise that a friend gave to me a while ago, that is meant to increase your awareness on the physical and helps with your awareness in the beyond too.

First, pick a sense that you want to train. If it is hearing, you'll want some sound, if it is sight, you'll want some colours in front of you, if it is scent, bring several items with scent into a room with you, if it is touch, get a couple of objects with similar texture, but not identical texture, alternatively you can use sound with vibration (if you're into music, one of the easiest vibrating tracks is Jackson and His Computerband – Orgysteria) and I can not tell you what to do with taste, outside of perhaps tasting items of similar taste.

If you are training your ability to see, search up a colour sheet. Identify two shades that look damn near identical to you. Now it is time to bend your mind – look at the two colours side by side. Stare at the divide between them until you see a difference. Then when you do, do the opposite. Try to convince yourself that they blend together, that there is no difference.

If you are trying with sound, play a track with multiple sounds happening at once. This could be people talking over the chirping birds, or a traditional musical track. Focus and follow one instrument only, one sound, throughout the whole track. Hone in on it until all other sounds blur into the background. Once this happens, release the focus and let yourself hear the whole track again. If you are trying touch with vibration, this is where you'll be closing your eyes and focusing on sensing the vibration. Feel it run down your spine and exit through your limbs, touch it.

To train with smell, have multiple smells in your room and try to hone in on only one. If you need to sniff your items beforehand, do so, but try to focus and split the smell. Just smell what you are seeking. Then try the opposite and smell only the other item.

For touch try to separate between two similar items, or to fully see a picture by reading a slightly raised relief with your fingers.

For a boost to your clairsenses in general, when meditating focus on the area that is just between your eyes and your brow line. Direct your energy there (the same method as directing it to your hands), feel it swirling, hold it there, then disperse. Do this daily. If you get used to dealing with entities, you will notice that it is precisely the part that you'll feel movement in when they're around, as in a way you are trying to reach them and it is stimulating that part of your head.

A continuous practice with either an entity of sorts, or just meditation will highly help you with your clairs, so expect to get better at what you are already using as your primary senses with conscious time dedicated to the spiritual.

There are many fun exercises that you can perform with other practitioners, either in person or online. I will be outlining a couple down below. Before practising make sure that everyone understands and consents to the exercise, as otherwise these exercises can be seen as an invasion of someone else's space and you will either cause the other practitioner to retaliate, or you may get an unpleasant visit from their Patron or Matron. Either way, it is best avoided. If a space will be accessed remotely and this space is in someone's home, that person should take down or modify their wards to let you all in for the time of the exercise to avoid any unwanted outcomes.

First exercise will center around scanning another person energetically. If you are all together physically, after having gotten consent, close your eyes and reach out energetically to the person that you are scanning. For me it always helps to imagine as if that person was a fruit and I only have my energetic hands, I will reach with my energetic hands until I will touch the person. If you are online, pull up the person's profile and reach through there. Now don't do anything, just record any impressions that come to you. At the end of the exercise everyone should share their impressions. What you will find, if the exercise was successful is that some impressions will overlap. For example, in one reading that I did, I interpreted the person being read as red and somewhat stuffy

feeling. Another practitioner saw the same person as a cramped room full of red velvet pillows and rugs. We both have gotten a similar impression, but because each practitioner is unique the way that we visualized said person ended up being entirely different.

Second exercise will involve a similar method to the first exercise, except that at this stage the targetted person will be heavily focusing on one of their sense and you should attempt to use your clairsense that is equivalent to this sense in order to figure out what it is that the person is sensing. For example, they could take a bite of chocolate and ask “what am I eating?” or they could take an object into their hands and ask “what am I holding?”.

In case the previous exercises feel too invasive, the group could target an object and not a person. For this you need a volunteer that owns a box. Have the volunteer place a single object into the box (without anyone knowing what the object is). If this is happening online and not in person, the volunteer should post a picture of the box. If there are multiple boxes in their space that look similar, the volunteer should put a mark on the box of some sort to avoid confused practitioners that ended up reading the wrong box. You can for extra difficulty specify that the practitioners should guess what is in the box using only a particular clairsense (for example touch only).

Last exercise would be a remote viewing exercise, but as it uses clairsenses, it is a good one to practice those with. If you are all in person doing this exercise together, one of you should have removed or modified the wards in their house and brought a picture of their space. If this exercise is happening online, the volunteer's space can be reached by reaching for them like you would if you wanted to scan them, but choosing to stop before you reach them. The target of the exercise can not be seen in the picture if you are using a picture of their space. There are two ways of doing this exercise. First one requires the volunteer to ask where a specific object is. For example “where is my tarot deck in this room?”. The second requires them to ask what is in a specific place. For example “what is at the top of my bookshelf?”.

When practising in a group always discuss the answers and (if applicable) reveal the correct answer at the end of the exercise. If a single practitioner is giving their impressions while the exercise is still going, other practitioners will subconsciously internalize what is being said instead of focusing on their own senses and will either arrive at the incorrect answer, or will arrive at the correct answer using reasoning that is not their own, therefore this exercise would have been pointless to them.

If you have no friends, you can experiment with either objects, or nature. It is absolutely safe to practice with nature. Go outside and touch a tree. Close your eyes. Imagine the life force of a tree. Can you feel it? Withdraw your hand from the tree slowly. Where does the aura of the tree end? Look up, look at the leaves. Can you see the energetic aura of the tree? The faint shimmery lines of life around the leaves? If the tree is too difficult, but you have a pet, you can practice this exact ability to sense when you are slowly petting them. The pet will get to enjoy your attention, while you will get to further your practice.

A bit of a hit and miss is trying to determine emotions and memories left on objects. If you have a second hand item, take it into your hand and hold it. How does it feel? Does it repulse you? Does it attract you? What emotion is the object causing you to have?

Another potent way to train that is somewhat not entirely safe is to try to energetically scan a sigil, the same way that you would scan a friend. Most publicly available sigils that are not posted by other practitioners will be of famous entities, so you are sure to attract their attention. Safest sigil to scan is the one that belongs to your Patron. You may also attempt to scan other occult imagery, such as traditional Tarot cards. Chances are if the imagery was produced by a practitioner of any sorts, the item that you are deciding to scan will carry potent energy and will make it easy for you to pick

up visuals, sounds, emotions, feelings, or sometimes even full scenes.

Sometimes practising too intensely you will end up imbalancing yourself by picking up too much loose energy from those around you and the risk goes up exponentially if your chosen method of training was scanning occult symbols. If you are feeling off (too hot, too cold, too stuffy, too dizzy, getting a headache), ground. As we have already had a section on grounding, you should have the know how to do so. If something is in your space that should not be – banish.

Chapter 27 – Tarot

This is a tool that I have a lot of experience with and it is a chapter that I wanted to write, though was unsure where to put it, as my writings can not possibly be in-depth enough for someone to pick up this book, read through this and jump onto using the tool as a communication method, so consider this chapter to be an intro into Tarot with some added advice and not a sum-up of the full breath of it. If you intend to use Tarot as your communication method with an entity, spend a significant amount of time with your tool beforehand and learn its ins and outs. Sometimes the entity and the deck can disagree with one another and if you don't know your tool, you won't be able to tell if it is acting unusually.

In order to start using Tarot, you will need two things – the cards themselves and a convenient place where you can look up the meaning of each card. I recommend a book, or a website that will give you keywords for both upright and reversed positions, but not much outside of that. The art of using Tarot is in determining which keyword applies to your or your client's situation and how the other cards surrounding this one help tell the full picture, not in what a specific website or book interprets the card to mean. In other words, the card's meaning is both set and flexible. It is set in the fact that each card has very specific words associated with it, but it is flexible in the fact that you should not be expecting all the keywords to fit the situation and you will be judging the full picture off multiple cards that you pulled and how they fit together.

Let us move on to picking the right deck. Many practitioners will encourage you to pick one in person as you can feel the deck and instinctively know which deck agrees or disagrees with you, but I have had plenty of success purchasing decks online. Not all decks will have the same exact naming of the cards, but knowing which part of your deck is different will make it easy to find the meaning for your cards, for example, instead of having “Pentacles” some card decks will have “Coins”. However as you are going to be new to this, I do suggest getting an accompanying book of card meanings specifically for the deck that you are getting as to not confuse yourself, you can learn about all the possible variations of cards and card names sometime later, now you just need a single deck to begin with. If you have a nearby physical store that sells Tarot decks, this part will be easy – go to the store, look at the packaging, close your eyes and feel the packaging, see which card deck is calling to you, get that deck. If you do not know how to identify the call, think of it this way – if you picked up the pack of cards and it is making you feel happy, excited, it feels right, then it is right, if you pick up a pack of cards and it feels intimidating, foreboding, or in any way wrong, that is not the right deck for you. If you are shopping online instead open your preferred website for purchasing things from, type in “tarot deck” (some places will offer starter kits, which will include a cloth to read your cards on, a card deck holder of some sorts and a booklet, it is worth looking into those if you are willing to splurge and found such a kit) and look at the listings. Click on all the listings that interest you. There is a great variety of decks as practically anyone can make a deck and there are plenty of artists that are making themed decks. I have a traditional Smith-Waite Tarot deck, but I also have extra ones with less traditional artwork, so what matters is that the deck speaks to you and calls you and not whether it is traditional or not in its appearance. When done picking your listings, go through them one by one and try to scan them energetically. I outstretch my hand towards my computer screen and focus heavily on the object, as if I am trying to teleport my hand to it, but for you this should be whichever is your best clairsense. Perhaps you'll try to see them in your mind, or even listen to the deck, it is up to you. Leave the listings that you managed to reach in such a way and that gave you positive sensations. If you couldn't reach a single listing, it may mean that you will receive a deck without a personality and it will fill with your own energy instead, this is also fine. When done filtering said list, just pick one deck and order. Well done, you now have your first Tarot deck!

When you first get your hands on your deck, you may cleanse it, but I would just proceed with

whatever energy it already carries. I let the cards have their energy and their personality which I then try to get to know, rather than attempting to overwrite that, but neither is a wrong approach. First thing that you want to do is to shuffle. See what method of pulling cards feels right to you. Some shuffle until a card falls out (I like to use this method when I want a quick one card answer), some will divide the deck into two, or three and pull a card off the top of one of the piles, some will pull a card from the bottom, some will pull from the top, sometimes I divide my deck into proximately 20 piles (about the length of my desk in two rows) and run my hand over all the piles until I find the coldest card (any more than two rows makes it hard to feel if the coldest card is on the top, middle or bottom row), some will spread out all the cards on their table and will pull like that. It is up to you for how long you think you should shuffle and with what method you should pull the cards out. There is no wrong method, but you will find that there are methods that are more right for you.

Now I would recommend asking your cards some introductory questions. You want to figure out what your deck is all about and then decide how to best work with that. Good questions to start with are “what is your overall personality?”, “what areas are you eager to give me an answer to?”, “what areas would you struggle to give me an answer to?”, “how active do you want to be?”. Some decks are very optimistic, others will be very straight with you, some tolerate repeated questioning, others will start giving you nonsense answers to make you go away, some decks are eager to be used, others get tired from prolonged sessions, some decks love working with you on practical questions, others may be more suited to the spiritual. Doing a little deck interview will help you know how to best utilize your new deck and it will get you reading keywords and interpreting answers.

When introductions are all done with, know that you are holding one of the most versatile tools when it comes to answering questions. Anything you can ask your deck can answer. Here I must caution against specific types of questioning though.

Be careful when asking about the future. Know that the answer is more to do what would happen if you continued without changing anything and not what will actually be. Take negative cards as an encouragement to do better, rather than giving up. Only ask about how your day, week, or month will go in general if you are not afraid to get an answer and only if you are aware that an answer may appear scarier than what it is. For example the card “Tower” stands for extreme change. It is seen as a negative card as it may fall directly before a catastrophe befalls you. I had it fall directly before I found my Patron and my path, because it has been a sudden, extreme, significant change, but it was not remotely worth the negativity and fear that I regarded the time with because of this card. These days I do not ask about my future in general, because I do not want to know, but I will pose my cards direct questions about future events if I want to get information on that.

Something small to add on – if you are working deeply with an entity before you picked up Tarot and your entity knows that you are very anxious about something specific, the readings that you do for yourself and the readings that you get from others on the matter may come out in a way that they make no sense. This is a call for you to not divinate on the matter as all you are doing is stressing yourself out. I have been previously locked out like this out of divinating very specific weeks or months. They passed better than I expected, but because my mind was so stuck on them, my entity simply tried to pull me away from that repetitive thought by not letting me see that part of my life.

Pose your questions in a positive manner, rather than a negative one, for the ease of interpretation. My mind does not know how to interpret a card that means victory in a question of “does this individual hate me?”, but I know how to interpret a card that means sorrow in a question of “does this individual like me?”.

When asking yes, or no questions, interpret the keywords rather than trying to find a direct

correlation to a yes or a no. If you ask “will I pass my exam?” for example and pull a card that means “hard work” the interpretation here should be “only if you work hard”, rather than a direct “yes”.

Feel free to use the Tarot to explore your own psyche. I have found myself asking such questions as “why am I sad?” when I got really emotionally blunt during the worst of the worldly crises that happened recently. Pulling appropriate cards here helped me greatly understand myself. Out of all the applications possible, in my opinion, understanding yourself is one of the best ones out there.

Let us talk about how many cards should you pull to find your answer. While you will be cautioned against it, I do perform one card pulls when I require a rather surface and fast answer to my question. When you are not interested in an expanded view of the situation, one card pull is completely fine and appropriate. For most pulls I will recommend three cards. It is just enough for you to see a tale in the answer, but it is not so in-depth that you need to spend a significant amount of time interpreting it. I do not recommend exceeding 10 cards for a question in any pull, simply because there are only so many cards in the deck and eventually you will start encountering meaningless information that the deck only gave you because it had to give you an extra card and this can really hinder rather than help a reading when you are seeking some clarity.

If you need inspiration for the kind of spreads that you can do with a Tarot deck, I suggest using the internet. There are plenty of post lives, romance, career, dream interpretation spreads. If you can think of a situation, someone likely has posted a Tarot spread that you could do while in it. One of the most basic spreads if you want to try your hand at something is a past-present-future spread. Quite simply you ask a question, for example “I would like to know more about my career” or “how is my relationship with X working out?” and you pull a card for the past position here, a card for the present and a card for the future.

Moving on to ending a reading – I thank my cards, let a small current of my energy through them in order to cleanse them of any residue of my questions and put them away. Most of my cards live in rather regular conditions, meaning a simple cardboard box that they came in. If you want you can keep yours on an altar, where they will be imbued by the energy of the entity that you communicate with, you can put them in a velvet bag or a box if you feel like the regular cardboard is not respectful enough. It is up to you how you start and end readings. You can start them by inviting a spirit to be your guide, or by taking a ritualistic bath. No matter how extravagant or minimal you go though I do suggest cleansing your cards in some way at either the start of the reading or the end of one.

Couple of bits of general advice -

I would personally not let anyone else touch my cards (or other tools of my practice). It is up to you what you do with yours, but mine are attuned to me and I would really feel like a lot of work would be undone by a foreign touch. I wouldn't throw the deck away, of course, but I would cleanse it and start my friendship anew with it.

Contrary to popular belief, you do not need to be gifted a Tarot deck in order to begin. I would even suggest finding your first deck completely on your own, as it is the best way to figure out which deck speaks to you personally and not to your friend or relative that wanted to surprise you with a gift.

You do not need to memorize the keywords for each card. Resources exist for look up purposes as necessary. Do not torture your memory unless you believe it to be vital for you to be able to tell what the cards say at a glance. Trust that some knowledge will come with practice and don't fret

about it.

As with everything, I strongly encourage you to experiment and find your own best uses for your tool. Make your own spreads. Make your own way of opening and closing a reading. Figure out how you want to keep your cards and what kind of questions you want to ask them. It is your practice, so make it your own and feel confident in it.

Now before I leave this section, I thought I could give you some fun spreads to try your hand at. The next two spreads are 4 card spreads (unless you get multiple cards per card slot, then it may be a good idea to interpret every card for that slot together, unless of course you dropped an incredible amount of cards and not just 2, or 3, in that case write it off to clumsiness and pull again), the third one is 3 cards. How you lay these cards on your table does not matter, though I like having two at the top and two at the bottom, but as long as you know which card corresponds to which card slot meaning, any configuration is fine.

The first spread is a past life spread. Some try to determine their lovers, or their exact job, or how many kids they've had, in this spread instead it is the theme of that life that gets analysed together with the most important lesson and how you can incorporate this knowledge into this lifetime. Before doing the spread I will set out my intention for the cards to find a lifetime of mine (or my client's) that is in some way important for this life in particular as this way I can make sure that only the information that I can still learn from ends up in the draw. Card positions are as follows:

1. Main theme of the relevant past life.
2. Where does this theme manifest in your current life.
3. Most important lesson from the life that one should heed.
4. Advice on incorporating and furthering your past life's lessons. This card can show any unresolved issues that you should work on, or further deepen a trait that you were already working on (for example if your past life's lesson was all about learning to be kind, this could be advice on how to further that in this lifetime).

Don't be afraid to experiment with spreads. This one, for example, could be changed to include two cards instead of one on the forth position, one for advice on incorporating lessons and one on showing any unresolved issues. I keep it at one, because there is a chance that there are no unresolved issues, then the card can simply give me advice rather than be forced to give information that is not useful.

Second spread is a four card spread on finding an entity to work with. Considering what this book is about, I found that this one may be very useful for someone reading. Now something like this will be just not specific enough that once you have interpreted the pull (and hopefully written it down somewhere) you will need to go through the pantheons, research all entities fitting that specific description and then ask the cards one by one if this is the entity that they are pointing you to. Here are the card positions for this pull:

1. The core quality or element of the entity that is the most suited for working with you.
2. What area they rule over.
3. One positive trait associated with them.

4. One negative trait associated with them.

The most useful way to reduce your options with this spread is to ask the cards separately for “is this entity an Angel?”, “is this entity a Deity?” and “is this entity a Demon?”. Sometimes if there are too many options, it may even be an idea to ask if the entity typically present themselves as male, female or neither. Positions 3 and 4 can be taken out of the spread if you feel like they don't bring any value to you, however if the spread is not something very obvious it is helpful to have more information rather than less. Sometimes it is a certain quality that you lack and then the cards may point you at several different entities, instead of just one, so if you get confirmations on more than one entity, take that as having choices.

The last spread that I will bring you is a dream interpretation spread. There are larger ones that you can find online, but I reduced the size of other spreads to 3 cards, precisely because it felt like other spreads were giving me too much information and therefore made my job of finding what is useful from the spread harder. Sometimes there are dreams that don't leave you alone, yet you can't figure out. Hopefully this will be of use to you. For card positions:

1. The deep meaning behind this dream.
2. The surface meaning of this dream.
3. Advice on how to incorporate the dream's meaning into real life.

Deep meaning can point to what is happening in your subconscious, or what was the wider picture of the problem. Surface meaning will show what was happening in the conscious part of your mind, or the immediate problem. For example, if you dreamt that you have arrived in your workplace without your pants on and everyone laughed at you, the conscious part of your mind may indicate that it was a stress dream, or that this is one of your fears, while the bigger picture may show that you feel like those around you are trying to demean you and your efforts are never appreciated, so it is slowly having an impact on your self confidence. Sometimes it is easy to figure out what to do with this information, but then there are times when the cards will confuse you, so if the spread is confusing, the advice slot is just for that. In case of that very specific dream used as example before, the advice may be to switch jobs, or to stand up for yourself more.

And there you have it. If you are still on the hunt for more spreads, the Internet is the best tool that is at your disposal as people upload theirs all the time. Remember to question the logic of each spread, remove parts that you deem unnecessary, or change it up to suit your situation better and most importantly, have fun.

Chapter 28 – Dreamwork

Dreams are a powerful tool in a witches arsenal, it certainly is in mine! Dreams are a sandbox. You can practice in dreams, you can communicate with entities in dreams, you can divinate using dreams, you can understand yourself better by dissecting your dreams... Utilize them!

What if you do not dream? One way to change that would be to make sure that you wake up more often. Try setting an alarm 90 minutes to 1 hour before you actually need to wake up, then fall back asleep and have a second alarm wake you up at the right time. Experiment with the time window. Spicy food and caffeine can also make you more irritable and less likely to go into a deep sleep, which increases the likelihood of dreaming.

Most of us do dream, but we do not remember them. So step one in any dream based practice is training yourself to remember them. Get a dream journal. Put it by your bed with a pen. The intent to remember your dreams seems to have to do a lot with achieving the state of remembering dreams, so go to bed expecting to remember the dreams that you have and get into a habit of picking up your pen and dream journal every morning when you wake up before you even get out of bed. If you can not formulate your thoughts well, draw or scribble the dream. Something is better than nothing.

If you get to a point of remembering your dreams, without going any further, you now have an access to your subconscious. Analyse your dreams. What are you afraid of, what do you desire and why? How did you act in a dream? Has your behaviour changed in your dreams as it changed in real life over time? When I was new to my practice and my personality started to get influenced the first sign of this was my dreams. Suddenly I was no longer embarrassed, or uncomfortable in them, I exhibited a strange amount of confidence in situations where I shouldn't be carrying that confidence. Chances are you are much more resilient and less anxious in real life social situations when you find your dream-self noticing that they have left their house without wearing any pants, deciding that it matters not and proceeding through their day by asserting dominance whenever they are questioned about it.

Small note – some people will end up with dreams that come true in the future. Often times these will be useless, as the event won't always relate to you, but you won't know if you are gifted with dream based divination until you train yourself to remember your dreams.

When analysing dreams, do not go with books that tell you what each dream means. Knowing a little bit may be helpful, but often times the signs that we see in dreams will be quite unique to us. Try to think about what the dream meant to you. If you absolutely can not understand yourself, pull out your favourite divinatory method, be it Tarot, be it dice, be it runes and do a reading on what was the dream trying to tell you.

Now if you know that you can self-analyse, you can do the reverse – you can train yourself to be more of a certain way by utilizing lucid dreaming. One way to induce lucid dreams seems to be by waking up exactly 5 hours after going to bed, spending 30 minutes awake and then coming back to bed. Giving yourself a sign that should be there in the waking world, but wouldn't in a dream is something that can be coupled with this method. I know a person that draws a sigil on their hand before they go to bed. The sigil does not show up in their dreams, so if they catch a glimpse of their hand and it has no sigil they remember that they are dreaming.

As previously mentioned in the communication methods section, you can use dreams to talk to your Deity. In my practice this is not my primary communication method, but I asked my Patron to help me overcome some of my personality quirks that I feel are holding me back. To initiate the ritual,

on the nights that I do actively engage in this, I sleep on my Patron's sigil. My Patron gives me lucid segments in my dream where I make choices as if it was real life. Need to overcome the fear of public speeches, for example? This will greatly help. Another way that I utilized this is by asking my Patron to show me what specific activities feel like that I can not do. I can not astral project, but I know what it feels like, because I got shown it during a dream based ritual.

Now everything is easier with an entity, especially if there's a communication method established and you can ask for help when it comes to dream based work, but on the chance that you do not have that kind of help, intent is everything – feel free to utilize chaos magick and do sigils for “I remember my dreams” and “I lucid dream” and then know that you will. Just carry full on confidence, like there is no doubt in your mind that it is just what happens each night.

Fair warning – all magickal practice requires energy, including dream based rituals. Whenever I do heavy dream work with my Patron I wake up feeling less well rested than normal. It is a good idea to spend some nights with the intention to practice dream work, while other nights just having the intention to have a good sleep.

Chapter 29 – Making your own spells

I have met many new practitioners that will ask of others to provide them with a spell to help them in X situation, or Y situation. Yes, knowing associations of planets, herbs and rocks can be helpful and it is an integral part of some peoples practice, but this is not baking a cake. Magick is all about intention and associations that you will draw up yourself will be the primary factor tying your work together. So instead of worrying did you do a working correctly and will it work, I suggest making your own and being sure of it.

I find it much easier to do spell work when it is tied to some sort of real life action, or item. For example, want to stop someone from acting against you? Write their name on a piece of paper and throw it in the freezer, putting their actions literally and figuratively on ice. So what is it that you want to achieve and what do you associate it with? Another example would be when I was making a clay statue for luck, I took a coin and pushed it into my work before it could dry, as money and luck is a similar energy stream for me. If you are like me and find it easier to work with a literal object rather than an imagined one, think about what is that you want to do and then figure out what object or action could represent your desire the best. If your mind is coming up to a blank, here are a few more associations – want to sweeten someone up? Dunk their name into honey. Want to wash away bad energy from an object you just got? Use water and wash that object. If you can't wash it, wipe it down and think in your mind how you are wiping off the energetic imprint with every stroke of your cloth. Want to shake off someone's influence off you? Literally do a full body shake while thinking about how with this action all of their influence falls off.

You can incorporate language into your spell work. Some people write down their intention as a small rhymed poem. Some feel better when they exclaim dramatically about commanding the universe to set this situation right. You can use this on top of an item, or you can use the power of the word alone. Words carry more power than people realize. To give an example let us take building a ward for your own energy. Let us say that you want to feel protected while at your own home because there are toxic influences around you. You can take a Christmas bauble and hang it on a string in your space. Imagine yourself being inside the bauble and then the bauble being bigger and surrounding you. As long as the bauble is here you will be surrounded by your own energy and no-one else will be able to invade this space. If you want to incorporate words, you could write down something small, for example “inside the bauble safety is what I've found, your bad thoughts bounce off it and fall flat on the ground”. Then you would recite this and destroy the paper that you wrote your spell on. Alternatively you can remove the bauble and use only words. Try imagining your own energy expanding to surround you and recite something along the lines of “I am safe, I am sound, my energy field redirects your bad wishes to the ground”. As you complete the incantation the ward is now complete, feel free to destroy the paper that you wrote your spell on. Do you have to rhyme? No. Can you be super minimalist and just write one word intentions down? Sure. It is your own practice, just make sure that you know where your working begins, where it ends and feel strong in it. That is the most important part. You have to direct your intention to it and be able to trust it.

Candles are great for spell work as you can tell yourself that a thing that you are trying to do will work once the candle has burned out. You can even etch the thing that you are trying to do softly into the candle in the shape of a word, or a sigil. If you have trouble finding where your work begins and ends, get yourself some small one hour candles, still your intention into one and light it on fire. As always, there needs to be some fire safety, so don't leave the flame unattended, but when the candle burns out you can consider your intention released and your spell work to be done.

We need to talk about spell jars. Spell jars are very popular right now, as they let one cram a whole bunch of ingredients into a visible container that leaves you with a nice jumble of associations for

your desire in one place. I want to caution anyone that as the jar is a closed space, your mind is very likely to associate this jar with keeping things in, rather than letting things out. So it is great, if for example, you want to keep an atmosphere of peace when you go to sleep. You are bottling all that peace that you have and letting it radiate in the same principle that one charges a crystal. So if you already have peaceful sleep and want to keep it that way, throwing a whole bunch of ingredients that you associate with calm into a jar, placing said jar on your night stand and trusting that when the bad times come this jar will continue holding this positive and calm vibe and will help you rest. However spell jars are bad for something that would require movement. If you want your fortune to turn, you need that energy to move. You can't bottle up the luck that you do not have, you can only cement what is already there and keep it from clearing. If you can convince your mind to see a closed container in a different manner, such as it attracting the quality that you threw into it as one big magnet, feel free to experiment, as for me the action of keeping something shut immediately associates with keeping something in, rather than attracting something new from outside. In the end, nothing is set in stone, so if you have some jars, try throwing some associations into jars and shutting them close. You may have a very successful working on your hands no matter you are trying to keep something, or attract something new. Some even combine this with candle magick and light a candle on top of the jar as their way of telling the candle that "here, this is the intention, this is what I want to have happen!"

Now what to do with ingredients that you have left after your working has successfully concluded? Some bury them (if you are going to do so, make sure that the items that you are burying are biodegradable). Some thank the item and throw it away. Most of my workings that are not displayed as a permanent fixture in my house will either be made out of paper, or wax. Paper I burn, wax I melt into a new candle. If you intend to re-use the wax here, keep the candle stubs separate by intention, so maybe don't mix candles that you used for luck and candles that you used for cursing, unless you want one very confused new candle. Or you are planning to curse someone's luck and your mind finds this association amusing.

Sometimes this sort of "make your own" magick is written off as child's play, as you are not following any strict guidelines, so how can it be a magickal ritual? Well you can't approach this work completely devoid of seriousness. No matter what association you have made, you still need to perform the spell the way that you imagined it in your mind and do so with focus and having set your intention straight. You must do your workings without a single doubt in your mind that they will work. Your working must carry meaning for you. And you must act it out in a way that translates said meaning to your action the best. Honey is sweet and lavender is calm. If it is your intention to calm someone, it is not the lavender that is doing the work, as lavender has never touched this person, but rather your perception of the association of calm with lavender and your intention to calm a person with your working. Is it natural for you to be theatrical and over the top? Do so. Put on a cape, get a wand for pointing in all cardinal directions before you recite a two pager from your memory and for example, imbue a specific item with a specific feeling. Your grandeur is giving you confidence and therefore is making your working more powerful. Feeling very silly even thinking about doing something like that? Then don't. Tell yourself "my luck is changing", light a green candle and be sure that when the candle finishes burning you will have a period of good luck again. The quietness and sombreness of your magick is making it easy for you to believe, therefore it is empowering your work. So adopt your method to your personality.

Perhaps the only universal rule that I have found in spell work is that if you are trying to influence someone else, something that is theirs is required. This does not need to be physical though, their name will suffice. However if you are in possession of someone's hair, or a beloved item that they carried on their person often, this item will absolutely be full of their energy and therefore connecting your desires to them will be much easier. As a rule I wouldn't suggest trying to do workings on other people though. Working against someone's will is very energy intensive.

This goes without saying, I would think, but feel free to invite the entity that you are working with to help you with your spell-work. As it is being that you should treat with respect, don't ever treat the entities that you work with as mere spell ingredients, but they can be great advisors if you tell them what you intend to do and ask for extra guidance on achieving your desired result, they can also grant you their energy and infuse the object that you are working with (no matter it is a candle, a jar, or a piece of paper).

Lastly, remember that a prayer can be seen as a spell onto its own, if you put the right intentions behind it. Don't put a separation between “this is the work that I do on my own and this is the work that I petition an entity to do” as in the end, you are still practising magick and the feat of working together with energetic beings and weaving your own energy has less of a separation between the two than you would think.

Chapter 30 – Cursing

There are those that draw a line between hexing, jinxing and cursing. To me they are all the same, as the intent is to bring someone harm, just on varying levels. If you intend to bring someone harm, then face yourself and don't try to soften your guilt by saying "oh it's alright, I only wished a short illness on them and not complete destruction of their life!". As this is my stance, there is only one word that I will use in this write up and it is "cursing". If you feel the need to differentiate between the 3 things, do so, but to me it feels a bit hypocritical to do so.

There is going to be another action included into this category. This specific entry is "the road to hell is paved with good intentions". It is when someone from their perspective is doing a positive working on another person, but the outcome from the other person's perspective is nothing but negative. Examples can include trying to break two others up, because you deem them unfit for one another, preventing someone from getting into an educational facility, getting promoted at work, moving to a different career, or moving to a different city, just because you think that it would be for the best if they didn't and just stuck with what is comfortable and not risky. The practitioner is meaning well, however they are extending a strong arm of control onto another person due to thinking that they know what is best for said person. As the practitioner is directly wrestling to control the other person, we will group this action under the umbrella of "cursing", no matter said practitioner sees it as such or not.

First and most important consideration before approaching cursing is will you feel guilty about it and can you justify your action to yourself. You see, you will need quite a lot of energy here and you can't waver. Plus if you believe that it will subconsciously eat at you, better not. If you need to ask someone else should you perform a curse, then the answer is clearly "you shouldn't" as now you would be trying to take a public vote to try and dismiss your consciousness. If you feel like for years after you will be looking over your shoulder wondering if karma will deliver a blow back at you, also better not. The attitude that you need to go forward with is "they deserve it and I'm so glad that I did it".

Secondly you must understand that there is no objective morality. You don't need to try to list to anyone else why precisely you think this specific person deserves it. It matters not if others find your action to be petty, or the person to not be bad enough to deserve a curse. What grinds everyone's gears is very individual. My gears are ground heavily by those with a big ego and those that are not taking their actions seriously enough. This does not mean that I go around cursing everyone that meets this criteria. This does mean though that if I am ever in a situation where I have to be around such an obnoxious person often, I may just deem it to be worth my time and effort to take them down a peg.

Before proceeding know that focusing on yourself rather than on another person seriously is so much easier. If someone is constantly sending you hate and bad energy, setting up a simple protective working where you try to reflect all of this is much simpler than using your own spite to inflict back, so if you deem this sufficient, focus on that. Alternative focuses can include trying to move away from such people, or stopping them from acting against you and not more.

If you are working with entity of any kind, I suggest consulting with them first. It can damage your relationship heavily if they deem your action foolish and immature, plus it can help your working greatly if they do agree with your direction and choose to empower it.

When this checklist is complete, you can proceed with your working as you desire. You can set any amount of time into it as an intention and you can be as specific or vague as you want. You can use a sigil, or a spell work with physical objects. There are as many options here as your imagination

lets you have. You could make a cushion in the shape of a leg, stuff that leg with items belonging to your target and then physically drive a nail through the cushion stating “may your joints fail you”, then repeat this ritual until you see the desired effect. You can get a wallet that looks exactly like the one that your target uses and throw it into the fridge chanting “may your assets get frozen”. You can make a sigil with a vague “misfortune hounds first-name last-name all of this year”. The possibilities are endless.

Now you will pay a price for it. As you will have to face the other person's will that obviously doesn't want anything bad to befall them, the amount of energy that you'll have to expend to break through that is significant. With significant energy expenditure you can fall sick in the physical and in a way, in the spiritual too, as until the working is done, it will be eating at you. This is not a “do not curse” segment, but merely “recognise the amount of energy that cursing will take from you and know that during that time you will be limited in what else you can do”. I would caution against overdoing it, but anyone having successfully done it once will never overdo it as they will know how much of their own energy it will take. This is not something that you do because someone looked at you weird, or made a single mean remark, if you are going to go with it, you must make sure that it is worth it.

If you have arrived all the way here, you should have no guilt about what you did. There is no repayment to be made outside of the cost of your working. There is no supreme being with objective morality that can point a finger at you and damn you for doing something deemed as bad. So as long as it aligns with your path, you are sure of yourself, are aware of the seriousness that you should take your working with and the entity that you work with is on your side on this, don't be afraid to get a little offensive in your spell-work. Sometimes the best working on yourself that you can do is to make someone else sit down and stop interfering.

I don't believe that I should mention this, but I will regardless, in case someone still needs to hear it – don't ever mention out loud that you have cursed someone, or going to curse someone. You don't need someone trying to stop you, nor do you need the judgement that you'll receive. Do your work silently and enjoy seeing the results.

Chapter 31 – Doing work on other's behalf

I know practitioners that pick up a craft and start meddling in others affairs like no tomorrow. I would caution you against it. Here is why:

The further the situation is from you, the more energy you will need to expend and the more of yourself you'll sacrifice in the process. The less you know about the person that you are doing a working for the less you are aware in just the way that you should bend fate in order to help them. If I know myself, I know what I require of fate in order to be more successful, for example, if a stranger asked me for my help, as I have no way of establishing could they use a bit more charisma with their job interview, or more customers for their business, or self-confidence to raise their prices, or should they hone in their talents to be better at what they do, or even further from their goal, figure out what they're supposed to be doing on this Earth in the first place, if I wanted to grant them financial luck, the only way I could achieve this is by doing a generic working and trying to spill as much energy into it as I can to make it hold by force. If I wanted this to be a long term thing, this is now a person that I would need to check up on and keep tabs on.

Then there's the limitation of your own reserves. Each work that you do should require quite a bit of preparation and your own focus, it is not as simple as throwing up a candle and calling it a day. The more people you service, the more your attention will be divided into multiple streams, the harder it will be to make sure that your work stands at the strength that it is supposed to stand at and the more creative you'll have to get in order to recharge yourself between your ritual sessions.

It is true that working with an entity could help here, but often times entities will refuse to work on a third party on your request. The spiritual journey that one undertakes tends to be very personal and the changes that come to your character is part of why things work here, this is not something that one can cause onto someone else with one simple session. It is the difference between getting lucky and knowing that the place at your job is something that you're not only good at, but deserve to have.

We all need to eat and the nice middle ground is to sell weak spells, such as luck, love, fortune and other similar attracting candles. The practitioner behind making those knows that it is not customized and that the effect will be weak enough, but they're not emotionally invested in their client enough to care. They provide a service and that is all that this is. This does require knowing what is a strong and a weak spell for you, how much energy you use up and how much energy you can afford to use up, so even if you do want to do this commercially, don't start a commercial practice until you are certain of yourself.

There are witches born to service others in this way. It can very well be in their life path, however not every witch is such witch. If you are planning on selling spells, consult with your entity or entities first and foremost and if you are planning on doing this alone, know your limits and what each bending of the fate actually does to you physically and energetically. Do not take this lightly. One direction that I absolutely want you to check is how much of a connection to you does your client get from you performing this work and how much of you do you spread thin every single time when you become the third party in a situation. Perhaps there's very little hold that is easy for you to break and perhaps you have a good way of restoring your energy, but this is not something to meddle with unless you really know what you are doing.

Even if you are not thinking about selling your services to strangers, even if it is your friends and all you want to do is to help, I would still caution you to hold off, as something that you think may be helpful, may actually be harmful. Maybe they would like you to improve their chances to get a job, but actually it is much better fate if they don't until they realize that their current work-path was

making them miserable and decide to look for a job in a completely different industry, or what if they would have chosen to move away to a country that would have suited them better, but now your spell has worked and they do have employment here, but they are still miserable. Eventually they'll figure out where they need to go, but now it may take them a significantly longer time. I'm free to meddle with my own fate like there is no tomorrow, but I take full responsibility for it. I wouldn't want to alter someone else's path, as I don't want that to hang on my consciousness. Not every person is the same, but I would urge you to at least consider this chapter before you decide to change the situation of someone that is not you.

Chapter 32 – Cord cutting

Once you are on a path as a practitioner of an occult craft, after a while you may find that the people that you knew are not the kind of people that you want to involve yourself with moving forward. When you can no longer stand their influence, this is a ritual that you can do. It should be in everyone's arsenal, but never taken lightly.

To understand how other people affect us, you need to understand that everyone that you have ever interacted with leave a small energy cord to you. Those that we love deeply, have loved deeply in a past life, or on the flip-side, hated with passion, will leave a much stronger imprint. If I close my eyes and move my hand over my heart, I will feel a strong warm rope. If I focused and thought about specific people that I want to find, I could then feel their cord and I could follow this cord to them if I needed to. Sexual interaction is almost guaranteed to establish a connection that won't vane fast, so on the energetic front endless promiscuity may not be the wisest of choices (unless of course you are planning to use these connections for your own purposes or plainly do not care). With any one connection we stand to influence each other's emotions and thoughts. This is why when you are poorly, your family that is far away might suddenly get a hunch that something bad has happened. The problem starts when any connection turns sour and negative. The hate others send you can absolutely affect you if you have forged that connection with them before. Sometimes even with positive connections cord cutting is practised if another person's emotions are overwhelming you (for example if they are in a self destructive cycle and feeling their emotions is dragging you down too), but as the whole ritual basically energetically alienates the other person, I don't necessarily suggest it.

Disconnecting a cord does not come free. For the other person the emotion that it invokes is a bit like you have just died. They can have anxiety, panic, might try to call you immediately. It will promote severe worry as suddenly they will no longer be able to feel you and even without any training they will instinctually know that something is wrong. For you this can range from grief for what was lost to relief, depending on what that connection meant to you and how emotionally were you still invested in that person.

However if there is a situation that does call for it, to sever that link you can do anything from the most simple to the most complex ritual. All will work. My favourite one for cord cutting is to take some scissors and a string and visualize that the string is the connection between you and the other person. Once the visualization is complete, take the scissors and physically cut the string. Visualize the connection between the two of you withering away and let go everything that is associated with them.

There are those that perform the ritual by positioning the cord close to two candles and letting the candles burn it. The candles burning themselves represent the spell manifesting. I do not suggest going this route as it is a bit of a fire hazard to try and prop up a string above some candles in hopes of burning it. If the string refuses to burn, this is not a sign that the connection should be salvaged and treasured, like some incorrectly believe, but that it is harder to sever than anticipated and should be done by yourself.

Lastly, if you have an entity that you work with, you can just ask them to sever the connection between you and the person that is causing you pain.

You can do a singular cutting off a much larger group of people. I cut off my blood family with a sigil once that simply stated "I destroy this link between me and my blood family". I felt so much relief after all was done, though I do know that one of my relatives went especially erratic the week when I've done that. Some I still have contact with, but I did not want to emotionally feel them and

now I don't. It is like talking to a stranger that you have met for the first time today and I wish to keep it that way.

Despite giving you this example I would urge you to think twice about cutting a cord. Only do it when there is the most dire need and consider how this alienation of someone that you used to know will affect those around you and them (so if it is an ex partner that you wish to remove, for example, but you two have a child, such severing of all emotional connection could be felt by your child). While you can construct any kind of ritual, as long as it carries the symbolism required and clear intent, I do not advise leaving the cut to the universe. If the cord does not cut, take the matters into your own hands, don't call it fate.

THE POST-PRACTICAL

Practical knowledge is over. This chapter is all about advice to set you on your path.

Chapter 33 – Personality changes

This needs to be talked about – even on the most benign end of occult practices people change. It is a journey of self discovery and growth. It is a journey of stripping away what society taught you and embracing who you were. Even without doing intense entity work that would involve invocation you'll find your hobbies changing, outlook on life changing and with it how you react to other people. There is going to be change and quite significant one at that.

The most mild changes you will be able to let shine through. I am trying my best to avoid drama and conflict these days. I feel more empathetic and somehow could often see both sides of a coin even though I can't disclose the full coin without angering both sides fighting. Whenever my vote is needed I will try to vote silently. Sometimes the past me, the angry me will still shine through and I will deeply regret whenever she does, even though some of my past acquaintances will point fingers and go “there she is! There is the you that we know!”. I am looking for ways of balancing pieces of my past self with who I am. There's righteousness and then there's petty arguments. There's a deep respect for entertainment as an art form and then there's binging your day away in a TV series, or a video games. Some of those days are okay, but when it is most of your days that you are running away from your life, you have a problem. Liberation versus restriction. That is why my favourite Tarot card is The Devil. You'll find these themes yourself. You'll find what each version of you leaned towards at each period of your life and you'll be sitting there forging yourself into the best you that you can be. And others will notice. And they will say “you have changed”. And if you bonded over what you deem to be harmful to your path now, or excessive, they will not take to these changes kindly.

The deepest possible changes will likely come out if you do less acceptable practices, or a form of an intense practice with an entity. My Patron is a demon. I do energy exchange with my Patron every evening. This is in no way compatible with keeping my personality as it was. Some of my personality and my being is me, some of it is inherited from my Patron. This is something that anyone invoking an entity on the regular will notice. You can use this to your advantage and get more love, or anger, or calm, depending on who you choose to work with. I associate my Patron with two things – cold and peace. And indeed emotionally I am more balanced now. Often I'll experience a pleasant calm, or joy. However my emotional range feels limited. I know what feeling deep love felt and I don't think I can replicate that any more. On the other hand I know what deep sorrow was and I can not experience that either. If your feelings pendulum could swing 180 degrees, I have limited mine to 90. I would not reverse this journey, but I am aware of what I lost. And this level of personality change you will need to mask. Your loved ones will say that you are cold and detached, they will feel that something is wrong. So you will have to learn to go through the same motions as you did before, because in the end you are still inside your life and you must live it. It is not fair to those that were there for you before you started your spiritual journey to suddenly feel alone because you are walking a path, so balance is key. Of course cut the toxic elements out of your life, but for those that were never harmful learn to mask and empathize with them. I must stress that not everyone will need to do this and not everyone will change to this extent. My changes are all to do with whom I work with and on what level I do so, but I have ran into posts of worried loved ones of other people that are on a similar journey and how their behaviour has changed and I recognised signs of my level of work in there, so this is worth keeping in mind.

Sometimes you can foresee what changes your path will bring. Other times you won't. So remember to check in with yourself, to remember who you were, compare to where you are heading and ask yourself often if your new self needs to be balanced out, if there is a way of doing things now that you may want to keep, but should hide, or can you let your true colours shine. Spiritual journeys are long and complex and frequent introspection is part of it.

I must point out that you will likely feel detached in some way sooner or later, as it seems to happen to quite many practitioners. It is not a guarantee that this will happen to you, but expect to be a lot less involved in anything from very small details, such as local gossip, or how a sports game went, to something quite more disturbing, such as a disaster that does not directly involve you. One of my acquaintances put it quite well - "I am very much like a large body of water mentally and emotionally. I'm very calm and still, not much deeply perturbs me, and this calmness manifests in my being able to separate myself from, well myself.". How this detachment expresses is also individual to each person. For some this can include seeking recreational activities that grant joy a lot less, as they feel less of a need to distract themselves and chasing the next dopamine hit occupies less of their mind. Some no longer seek love and are fully content to be alone. Others give up the need for significant material wealth. It is a personal journey, but rarely does exploring something so deep leave one with the exact same wants and needs as they previously had. This paragraph is here not to scare, but rather to comfort if you do feel like you have detached from life a little – it happened to most of us. While we are here I would like to remind you that it is important to live while you are still alive, so don't abandon yourself and take care of your social relations, your work life, your body and your family. You can not change how you feel about it all, but there is an importance to living a balanced life. But all, of course, is individual and if a rare practitioner does feel that their true purpose is to be a hermit in a wooded area, I am not here to tell them that they're not permitted (who am I to order you around anyway?).

Chapter 34 – Hiding your practice

How acceptable it is to be Pagan, or to practice Witchcraft of any kind will vary highly place to place. Even in the most acceptable spaces Demonolatry is seen unfavourably though. If you are lucky, you will be surrounded by mostly well meaning people that approve of your life choices, or you will have private spaces in your house that you could dedicate to your practice without the fear of being found. If you are unlucky then you are reading this PDF while sitting in a country that could still prosecute you based on following the wrong religion, or are surrounded by people that you can not avoid that will make your life a literal hell if they found out.

How many tools you'll own will depend on how many tools it is safe for you to own. A pendulum can be disguised as a crystal necklace (or, if there is a need, any heavy necklace that is at least somewhat symmetrical will do), Tarot cards, on the other hand, are very plainly visible, however you could learn to divinate with a standard 52 card playing deck, even if you would be missing Major Arcana. If you want to work with sigils, get a regular notebook with no unusual decoration whatsoever, make sure that it fits your regular aesthetic and a pen. If you are going to be leaving sigils in the open and think that they will attract attention, or that someone may open your book and see, hide them inside drawings, or make them and activate them on the same night. Weird pattern on a tree stands out less than a sigil on its own. If you want to keep an altar, bookcases, ends of your work table, night-stands, are all acceptable surfaces. Get decoration that vaguely resembles your entity, but is not suspicious. What element are they associated with? What colour are they associated with? My Patron's colours are black and silver and I thought more than once of making some black and silver flowers out of clay and just keeping those around. If someone asks I was just experimenting with colours that you won't normally see in nature. Don't over-clutter. A couple of items for association will be enough. If it is possible, I find that lighting a candle in honour of an entity always brings me peace, but it will vary family to family – some see having a scented candle lit in a room as completely normal and will think nothing of it, others immediately associate candles with witchcraft. Want to do dreamwork and keeping a dream journal will not seem strange? Go ahead. If keeping a dream journal will seem strange, don't have one and just have the intention to remember your dreams, or write down each dream in one like you are writing a short story (if that would be acceptable in your household). If you think that someone may invade your dream journal and some communication must remain private don't write that dream down at all. If you want to own some crystals and you can not, pretend to suddenly develop an interest in geology. Learn facts, tell everyone about earth's wonders, point at every rock trying to identify them and keep this up. When you are passionate for geology, it is entirely within reason for you to have a rock collection (make sure that not all of them are crystal too, but some are actual rocks, less suspicion). If it is normal for people to meditate where you are, then you can hide prayer as meditation. If you must follow a religion that is not yours in your heart, repurpose that prayer time, repeat the motions but call to the one that calls you back, keep them in your mind and send them the true meaning of your prayer through your thoughts while your lips follow the motions that they are supposed to. Sometimes in times of forced religious practice, distorting their rituals but just a little bit may help keep your self esteem up and make you feel less guilty about worshipping a being that you do not follow, for example, instead of saying “Amen”, one of my friends would say “Aamon”, which is the name of a very specific demon. Once again, keep your own safety as the primary goal, meaning, if you can't do things without attracting suspicion, don't do them.

The world is a lot more open these days. There are safe online spaces for witchcraft. Some girls will be proud to identify as witches and will run influencer accounts on social media. You can hide behind a fake name and a fake picture and make throwaway accounts to read what you want to read. If you are certain that your browsing history will not get you in trouble, the internet is your safe space. It is your place and your outlet to share in, as much or as little as you want, just remember that no other practitioner can tell you how to practice and don't let this space sour your life – if it is

a negative, switch it off. And once again, not everyone will have access to this. I've seen a witch from Pakistan that had to make the heartbreaking decision to erase all her accounts, because her husband found a spell jar and she was so worried that he'll call the authorities, divorce her and take her children away from her. She feigned ignorance, saying it was for research purposes, as she was a writer by trade, but she had to say goodbye to it all and leave a piece of herself behind in doing so, because one's safety comes first.

I lost half my blood relatives when they found out that I do Tarot readings online. This book, it will always be pinned under an account that is in no way connected to my real name and published under another name that has been mine in many online spaces before, but is not one that is stated on my passport. I am lucky for I live far away from my family and my husband is somewhat accepting of my practice, even though he does not know the full extent of it. Still I very much don't want to endure the drama that will happen if the more accepting side of the family finds this. It won't be the end of me (for some practitioners it is), but it would be unpleasant and unnecessary. This means that if you somehow landed with this work, you either know me personally, or you bought it when I self publish it. I wouldn't even dare to bring this to a publisher. And in comparison I'm fairly free. Every night I thank the stars that I am not in a worse position than I am.

I recommend keeping any sharing of your practice confined to “on the need to know” basis, no matter how acceptable or not acceptable your practice is. Only disclose to those that you absolutely trust and only if you can live with the repercussions of people leaving your life. Even if your practice is on the more acceptable spectrum (mine isn't), you can be discriminated against on the basis of being in a minority religion or for believing in woo (woo is the word that some communities use for any belief that is not scientifically proven, meaning not only would this group you into the same boat as conspiracy theorists, but will threaten your credibility as an intelligent person if you are in any STEM related field). On the flip-side of this take comfort in knowing that your doctor may be wearing a crystal because it makes them feel good, no matter how unproven it is, your science teacher may come back home and do a smoke cleanse because they feel a bad energy lingering, your local librarian may have a sigil in their home to boost their learning capability and your car mechanic may be saying a prayer to Stolas every night before they sleep. Practitioners are everywhere, but most of us know better than to openly share any belief that may be misinterpreted as evil, or irrational.

One may question how can a rational person have faith. Well, before I converted I was an atheist. The world went to a dark place, I've learned some troubling news about my health and thought “I have nothing to lose in living my last years the way that I always wanted to”. I hid my open hearted investigations as academic curiosity into the silly superstitions of the old. I attempted contact. And it worked. And I could never prove it to anyone that would ask for proof. I could not come up to my husband and say “don't worry, this problem will cease being tomorrow, my spirit told me so”. Because the problem does solve itself the next day, but I will still be seen as insane and the event will be written off as coincidence. You will always experience bouts of questioning if your experiences are real or not. And this is completely normal. I have great faith in my world-view being true, but if it isn't, if I just become worm food when I go, there is no loss, as I lived my life as the best possible me that chased her dreams and felt good about it. Me that had no faith and a pessimistic outlook would not have led a better life, though she would have been seen as the more rational type.

While we are on this topic – always try to solve your problem in the mundane first. I can pray my migraines away. However conventional medicine couldn't really help me with that. I can't pray my heart damage away and conventional medicine is helping me with that. I've embraced my mortality, but there is nothing to gain in not trying every possible tool in your toolbox and everything to lose.

This will be a very lonely road that you are setting out on. Most of us feel like really there wasn't much of a choice. It was in our life path to be who we are and practice what we practice. Only by following our deepest desires can we realize our full potential here and this does mean finding a part of yourself that you can not in good faith disclose to everyone without getting yourself hurt and making enemies. Any spiritual practice will be bittersweet – you will connect with your real self but in doing so you'll discover the self that you'll need to hide, but I must tell you that if you are pulled here, it is so incredibly worth it to embrace your full life journey and not just the acceptable parts of it.

Chapter 35 – Practising on a schedule

Just like any activity, the more you do something, the better at it you will get and just like with any other activity, when you fall out of practice your sensitivity to all these things will suffer. Having stated that I find that occultists that are open about their practice online are in a way workaholics and will pressure others to be the same way. Not every one of us will carry the same amount of energy and time to be present and do. Don't feel guilty if you can not have a routine practice, be it a disability that stops you, or your lack of time, or your lack of ability to find the space to practice without other people interfering. Letting yourself rest after big rituals is also important, so do not compare yourself and how much you do to anyone outside of yourself. If you have to force yourself to practice, then something went really wrong with what you are doing as your practice. This should be a flow, not slavery.

If an entity is involved it is only polite to not cancel appointments though, this is the one exception to the rule. If you said that you were going to do it, not doing it is lying on your part and not looked upon kindly. If you feel like you can not engage in your ritual on a consistent manner, be it meditation, or as simple as lighting a candle, contact the entity that you are working with and explain the situation. This may mean them fixing your emotions to a point where you have the energy and willpower to proceed with your practice, or changing the arrangement to something that you can do, or agreeing to work together more infrequently. Otherworldly beings are very understanding of human problems, but as with any kind of relationship, communication is key, so do the honourable thing and communicate when issues arise, instead of disappearing off the face of the earth.

In case I must repeat myself again – never push yourself past your limits. No matter the pressure from other practitioners, or the guilt that you feel when you can not keep the promises that you made to yourself – it will make you feel worse if you tried to go on when you can not go on, especially if your work is costly energetically or emotionally to you. Allow yourself the breaks that your body needs and allow yourself the time to process and grow.

Chapter 36 – How does one start?

I realize that it is unusual to find such a chapter so deep into the book, but with new practitioners that may be reading this, what happens sometimes is panic. If you want to start practising and feeling overwhelmed right now, this is the chapter for you.

Take a breath. In this book you have received the very basics of energy work, tips on meditation, a run down on how to do entity work, a guide to making sigils and spells, ideas on how to improve your clair senses, suggestions for dream work and advice on other small practical concerns. If any of the before mentioned subjects interest you, you can start by simply starting. Go research some entities, or make a sigil, try meditation, attempt to feel your own energy. Try all that pulls you and if you find something that pulls you, you can then pull up your favourite search engine and see if you can find more guidance in that direction.

You may have a concern about what is a trustworthy source, who should you believe, who should you follow? I'm going to simply say “no-one” and “everyone”. There's no one correct approach to magick, so if a topic interests you, pick absolutely everything up on it. If that would waste too much time, you can count on known material having reviews, but don't internalize any one book. Try methods mentioned. Try methods that are completely opposite to the methods mentioned. Sometimes things not working does not make it a bad method, merely one that is unsuitable for you, so it is all about finding out what is suitable for you. Be open to finding viewpoints that are entirely different to yours. The purpose here is not to adapt a different viewpoint, or to fight over which one is right, but just to see can you see why someone may take that alien viewpoint and can you understand it. If something seems wrong, or fishy, it is free to dig further. You may find the precise journey as to how the material that you were investigating ended up being what it is and that in itself is a great lesson.

Don't fear your interests shifting either. Very few people keep the exact same practice from the start of practising. There are things that I tried, that I then abandoned for they simply don't suit me now. There are things that I'm interested in picking up. Let curiosity be your guide. Your spirituality is for you, meaning that you should feel a desire to do it and if a tool outlives its purpose, then it outlives its purpose. The only bit that is a little bit harder is if you decide to end a relationship with an entity. Unless you promise undying devotion, you can always do that, but don't just disappear. Thank your entities and explain that you are moving away and why. Don't be rude and don't be mean. It may be that you'll run in circles and end up back at the entity that you left later in life, but as all things in life, that run around would have been essential to your self development. Still, end things on good terms instead of trying to make enemies.

Let us say that nothing here strikes your fancy. Here are extra ideas that you can research - the properties of herbs and crystals (infuse your food with all the right intentions, just make sure that you double check which herbs are edible and how much you can safely use. Do not eat crystals), all methods of divination (that is precisely the search term that you should throw in, as anything from divinating with numbers, to divinating with dust exists), all versions of numerology (reducing words to numbers and finding meaning in them), astrology (all about how planets govern your life), scrying (observing places on this plane and the next using a black mirror, or an orb), astral projection (leaving your body to either visit another location, or a world outside of this one)... This is not a complete list. The width and breath of the occult field is absolutely impressive.

Religion is also magick. Most religions work with an entity, or carry a strong basis of thinking that will change the way that you see the world and will likely include ritualistic actions that should make you feel a certain way. If you feel the need to be religious, be religious. Study religion. Study many religions in this is your passion. See how the ideas connect and where they differ. Create your

own world view. Make theories, draw personal conclusions, this is your spiritual journey, only you can choose where it should go.

Don't overthink this. Just do. There is no better way to starting than by just starting. Believe in your own power. Being a beginner can be intimidating, but you won't progress from here without actually progressing. So go by intuition. Tell yourself that this week you will do something occult related. Meditate. Make your first sigil. Establish a connection. Do not fear. You will learn as you go, but that first step is so important. So many stay afraid of chasing what they desire and end up falling into a never ending back and forth with themselves. Don't torture yourself so, just take that step.

Chapter 37 – On belief, unbelief and knowledge that can't be put to words

There's always sceptics. You may be a sceptic yourself, or you may know one that will inevitably question your beliefs sooner or later. If this is a journey that you are destined to undertake, the further you'll go the more experiences you'll experience that you absolutely won't be able to deny, but won't be able to prove to anyone else either. And the further you'll go the less you'll be bothered by all those yelling “prove it”, because they could prove it to themselves if they took occult seriously and approached it with an open heart.

Sometimes universe protects those that are not ready by actively turning them away. If you have a question of “if I can help myself using sigils, why would I ever work with an entity?” don't work with an entity. It is clearly not your path. If you want to ridicule this work as make-believe, it does not hurt me, but clearly shows that you are not ready to cross that threshold (and it may be for the best). Those that believe they may get shaken, they may question themselves, they may wonder have they gone mad and yet still be affirmed by the universe that their work is working the next day and they will stay believing. In the end I concluded that if I'm mad, then perhaps it is better to be mad and happy than gripped with existential dread.

If you are on a path, be prepared to be questioned even by other occultists, or those that you considered dear to you. I had one such person disclose that they believe that any path that is based on open direct communication with an entity is not something of value, as it is the secret desire to alleviate the loneliness of a practitioner, rather than real spirituality. Everyone will be sure what is right and what is wrong, from time to time they will try to impose their views onto others, sometimes you will fall on the spectrum that is “wrong” by another individual's opinion. They called my path a delusion more than once and well, what can you do, outside of reminding people that social rules of engagement do exist and that insulting what your friends find the most dear is a hostile action and therefore carries a huge risk of alienating those around you. Safe to say my relation to said person isn't so great these days.

There will come a point in your practice when you can no longer explain your knowledge or experiences. There is so much that I would like to adequately explain to those reading right now, yet I can not put it into writing. Even something as simple as the starburst that is an energy exchange between one and an entity is something that should be felt, not told. I can't explain that feeling any better than the feeling of being told by my Patron that I have a wall up, asking him to pierce that wall, feeling something akin to a balloon deflating in one's chest and then out of nowhere spending the next half an hour on the floor sobbing about how bittersweet it is to know that you are holding important memories that you won't ever live through again but because of a memory issue losing access to them entirely and then having a huge conversation about what is an important memory, about appreciating the present and how one day everything about this experience on Earth will have slipped past my fingers in a similar fashion. From an outside perspective I was crying on the floor whispering to the air.

Then there is the opposite miracle of talking to another practitioner and hearing their ideas of how things are and despite not holding the same views being able to completely understand what they are saying. As an example, I have heard one practitioner say that Gods are like slow moving planets, they're massive, passive and their work takes time to show, demons and angels are the active faces of Gods as they are smaller and their influence is much faster, while a human is the smallest face of divinity, we look up thinking what is it like to be them, while they look down marvelling at the experiences that the smallest particles are able to experience. It is like one fractal. I don't hold this view, for I view all entities exactly the same as to me they are equal, yet I completely understood their viewpoint. To anyone on the outside we are just two crazy ladies spouting gibberish. Looking at all old diagrams that ancient practitioners made for the first time and

understanding them not at all, then glancing again a year later and knowing what they mean (and not because you read the full tome, but because at some point the knowledge rang true in some fibre of your being and it echoed back to the surface of your being as the realization that you relate) is the kind of magick that I really wish that I could share, as it feels like you and the rest of the world are speaking two different languages.

You may even have an a miracle happen and meet someone else that is on the exact same path as you. While there are differences between me and this other practitioner, it has happened once to me and I was practically jumping out of my skin with excitement, because I have experienced everything that they were telling me. For a split second in time I felt so incredibly connected to another person's experience, because they understood me and I understood them. If you are ever blessed with this level of luck, no matter you grow apart further down the line, or not, treasure every second of this connection.

Don't be afraid to be eccentric. Let yourself lose yourself in all of this. In case I need to expand, I don't suggest that you break the law, by, for example, running through the street stark naked with a pot on your head, but away from prying eyes, where it is reasonable, allow yourself not to take yourself seriously. Hug a tree, dance in your birthday suit in your kitchen, take off your shoes and stand on soil, let yourself run through shallow rivers instead of taking the bridge (make sure that it is actually shallow though), get some linen, sow yourself a ritual dress, make yourself a wand out of a rock that you found by the lakeside, some yarn and a stick, gesture in four directions and proclaim your power to the universe. There is so much joy that you have lost by knowing what is proper, what is socially acceptable and the rejection of anything that is childish or a game (and not the acceptable kind. How odd that we fully understand that a computer game can be an adult hobby, but do anything close to play pretend and you were supposed to have outgrown that). Another thing that people leave behind is every minute that passes them by. There's no curiosity in the faces staring outside the bus windows, there's no joy in a car ride, no-one takes the time to stop and touch the bricks on a building or to pick up a stick, or a leaf, or a rock off the ground while passing by, we don't marvel at the birds, we don't exclaim at the beauty of the sky and yet it is all those moments that are so precious. I have almost no memory of my life outside of some hard facts, yet every sensation in films and books, it is as if I can feel them now. The actress is standing on the hot asphalt and I can think to it and feel the heat on my feet and know the smell of it all. Absorb experiences. Absorb them and think back on them and it will all seem so different to how it was before you became a practitioner. It is as if there is another dimension to being human that we have completely disconnected from. If you can, try to disconnect yourself from electronic devices while moving in between locations. Don't take something to distract you. Soak in the sounds, the visuals, what is happening around you. When eating food, don't stare at a book, or the TV, or your computer, put it all down, close your eyes and try to actually taste and experience what is in front of you. When watching, playing something, or listening to music, don't multitask. Have conscious moments where you slow down just to really experience the moment.

When you feel ready for it, practice being present, which is a tad bit like walking meditation. Go for a walk, preferably somewhere quiet. Empty your mind entirely and just let your senses be flooded by the scene around you. Sometimes to snap out of your thoughts, out of your world, it is a vertigo inducing feeling as most of the time you are not actually there in that minute, in your life, but instead you are thinking, planing, imagining, or blanking it all out with media. I ask of you that you take the time to put all of that away and feel the ground that you are standing in, the sounds that surround you, the scent that the air carries, the harshness or gentleness or the wind, the scenery that your eyes see. It will be hard and you won't manage to keep this thoughtless moment for long, but it will change how you view it all. Try different textures! What does moss feel like? What does a rock feel like? What does the grass feel like? What does the brick wall feel like? There is no bigger joy than letting yourself experience life and not just sleep through it.

I could ramble on and on and yet this is something to experience and not something to say because if you have never experienced it my words will ring dry, while if you have even touched it even with the smallest bit of your fingertip, you may sometimes slip out of it and back into it again, but you know what it feels like. You know that which can not be told. And human reality is, we may even know two different things that can not be told in words, yet we will still relate to each other as we do know how it feels.

Chapter 38 – Occult terminology that is useful to know

This chapter is not the entire vocabulary that you will encounter, but rather the vocabulary that I have personally encountered. Hopefully this will answer some questions before they even come up leaving you with more time to research other things.

Astral – the non physical realm of existence. We are fairly bad at categorizing things, so astral plane could technically refer to areas that you enter after your life is over, but it can also refer to mind realms that you construct yourself. Technically this wouldn't all be one plane, however to make it easier we use it as such.

Astral Projection – an out of body experience induced on purpose without falling asleep with the purpose of either exploring a physically existing location, or to travel into one of many astral realms. This is different from remote viewing, as you no longer feel your body, as it is an out of body experience.

Astral Temple – a constructed own mind realm where you can perform your rituals. Astral Temple does not require one to Astral project, as long as you can visualize well. The only requirement is that you are capable of constructing this mind space and keeping it fully visualized in your head as you do any working that you want to do (which can include inviting an entity, or just being there). This is harder than what it sounds like.

Athame – a ceremonial dagger. This item is used in some Pagan and Ceremonial Magick rituals and traditions. Uses of Athame can include pointing at 4 cardinal directions, infusing it with an element, directing energy, drawing your own blood or casting a circle. Traditionally this item would have a black handle, but it varies tradition to tradition.

Boline – white-handed ritual knife used in Wicca for cutting herbs and inscribing candles.

Ceremonial Magick – this is an all encompassing term to describe traditions that use ceremony and numerous prerequisite accessories for their rituals. These rituals tend to be set in stone, hard to conduct and held at high regard in occult traditions that use it. If you were following rituals used by Thelemites, or doing evocation as outlined in, for example, Lesser Key of Solomon, you would be performing ceremonial magick.

Chakra – major energetic points on anyone's energy body. This word will be taken extra seriously by Hindus and practitioners of ancient meditation practices that are collectively known as Tantra, but will be more freely thrown around on the Western side of the world.

Channelling – the practice that lets a spirit talk through a practitioner. This can include a practitioner entering a trance state and letting a spirit in to speak as if they were the practitioner themselves, or as little as invoking an entity (see invocation further down this list, I am using it to mean a friendly invitation) and communicating with them telepathically to bring bring answers to a person asking something of the spirit (major part of this book can be considered to have been channelled, as I am using information provided to me by Lucifer).

Chaos Magick – a practice of magick that is results oriented. Chaos magick encourages to take occult traditions, try them, figure out what works for you, rip that part out and use it. You are encouraged to experiment and base your decisions on what works and what doesn't through trial and error. There are specific practices that were born from such experimentation, such as making sigils using the methods that I have disclosed before, that are attributed and part of Chaos Magick loose tradition if you. In general though if you are crafting your own rituals, testing them and deciding if

to incorporate them into your practice or not, or taking well established rituals and heavily modifying them to suit you and your work, you are practising chaos magick.

Demonolatry – worship of demons. In practice this is less “worship” and more “working with”. It was a tradition born out of a need of a friendlier way to work with spirits that have been deemed to be demonic. If a practitioner states that they are a demonolater, this may mean that they are following a published author, or simply denote that they have their own practice that involves working with the demonic in some capacity.

Demonology – study of demons, usually from a religious perspective. If you run into this term, it indicates that the person using it is perhaps interested in specific spirits but has never worked with them, or that they are a religious individual that specializes in viewing these spirits from the angle of their religion, which often means viewing these spirits especially negatively. Latter happens more often than former by far.

Demonosophy – young branch that means working with demons, for those that felt like “worship” did not accurately cover what they do. There are not many publications under this specific term, meaning that the most that you will encounter this will be by people introducing themselves as practitioners of this craft. Demonolatry and Demonosophy at this point in time can be used interchangeably as not every demonolater worships the spirits that they work with.

Enochian Magick – a complex ceremonial magick system that was made specifically to work with angels.

Evoke – to call a spirit (often times forcefully) to appear in front of you. This will be used by some practitioners to denote that they are inviting a spirit into their space and not themselves and by other practitioners that believe that such invitation is still called invocation, but trying to force a spirit to appear in your space through an elaborate ritual that binds the spirit and forces them to work for you is evocation. Be careful how you use this term and adjust accordingly depending on the community that you have entered.

Invoke – to call a spirit inside of yourself. Also used by some practitioners to mean that they are using a friendly means of asking the spirit to come into their space rather than trying to force a spirit to enter their space. Adjust your term use depending on the community that you have entered.

LBRP – Lesser Banishing Ritual of The Pentagram – this is a highly religious way of banishing negative energy from yourself and your space. Often times occultists will encourage each other to use this very specific ritual and many have modified it to get rid of the religious elements, or to replace the religious elements with elements belonging to a different religion. The ritual is multi-part.

Part 1 includes the **Kabbalistic cross**: Stand in the center of your room, facing east, and imagine that you are a towering figure and the earth is a tiny sphere below you. Feel yourself to be the center of the universe. Imagine a light of white brilliance shine above you, this light should be about 9 inches in diameter. Point at this light with either your finger or your dagger and bring it down towards your forehead, just above and between your eyes. Visualise this light filling your head. While pointing at your forehead say ah-TAH.

Bring your hand down through your breast area (and light with it) until your hand is over your croch. The light should continue stretching down into infinity. Vibrate Mahl-KOOT.

Now bring your hand to your right shoulder. As you do this, visualize the beam of white light

running down the center of your body form a beam from the heart area out to your right, past your right shoulder. See this beam of light extend to infinity. Focus on this beam and vibrate Vih G'Boo-RAH.

Move your finger (or your dagger) horizontally to your left shoulder. As you do, visualize the beam of white light now extending through infinite space to your left. As you focus on this beam of light, vibrate Vih G'Boo-LAH.

Clasp your hands at your chest as if praying...visualize within your chest, at the point covered by your folded hands, a brilliant golden glow. Vibrate Lih-Oh-LAHM, Amen.

You have put yourself at the center of the universe and filled yourself with divine light. Time for next part.

Part 2 - making of the Pentagram: Move to the eastern edge of your area, your circle, facing out. Here draw a pentagram (in the air. Start outside your lower left hip, move up above your head, then go outside your lower right hip, then to your left shoulder, right shoulder, and back to the beginning). Direction is very important, as Lesser Invoking Ritual of the Pentagram is practically the same thing, except with the pentagram being drawn the opposite way around. Now bring the point of the dagger to the centre of the Pentagram, vibrate the deity name - YOD HE VAU HE-imagining that your voice carries forward to the East of the Universe.

Holding the dagger (or your own finger) out before you, go to the South, make the Pentagram and vibrate similarly the deity name Adonai. Go to the West, make the Pentagram and vibrate EHEIEH. Go to the North, make the Pentagram and vibrate AGLA.

Return to the East and complete your circle by bringing the dagger (or finger) point to the centre of the first Pentagram.

Part 3. It is time to call the Archangels. Remember the Kabbalistic cross that you made previously. Extend your arms fully to both sides (or as the kids these days say, please perform a T pose). Look in front of you (east) and say, Before Me, RAPHAEL (rah-fay-el). Try to feel his presence and feel the airy breeze hit your face.

Imagine another presence behind you and say, Behind Me, GABRIEL (gah-bree-el). Try to feel the element moisture of water on your back.

Look to your right and say, On my right hand, MICHAEL (mi-kai-el). Feel the heat of fire.

Look to your left, and say, On my left hand, URIEL (or-ee-el), try to feel the sense of solidity given off by this quarter.

Move your left foot out to your left and visualize another beautiful blue pentagram all around you, outlining your body. Say "for about me flames the pentagram" then visualize a golden hexagram...within you, right where your heart is. Say "and within me shines the six-rayed star".

Now repeat part one again.

You can use this method to banish repetitive thoughts, as you will be concentrating heavily on the ritual, you can use it to banish negative energies, as you will be filling yourself with divine light and you can use it as a form of prayer in the evening. I do not recommend using LBRP if you are working with demonic entities or do not believe in Angels and Deities that this ritual is calling

forth, as nothing good will come out of it, however it is one of those rituals that you are going to see absolutely everywhere, so it is wise for you to know about it. This is why it is mentioned in the dictionary section and not the banishment section in this book.

LIRP - Lesser Invoking Ritual of the Pentagram. This is used to invoke positive energies into you in the morning. Follow instructions for the Banishment ritual, but draw the pentagram in reverse (meaning start from the end and end in the beginning).

LHP - Left Hand Path. In the West, the left-hand path is considered to be about the elevation and centrality of the self as well as the rejection of religious authority and societal taboos.

The left-hand path focuses on the strength and will of the practitioner. It downplays the need for intercession by any high power although some may believe that a higher power exists. The full idea of the left hand path is to become a God.

RHP - Right Hand Path - right-handed path practitioners tend to work towards ascending their soul towards ultimate union (or reunion) with the divine source, returning to heaven, allegorically alluded to as restoration or climbing back up the ladder after the "great fall". Right hand practitioners will strive to join the source and will adhere to a system of moral punishment, such as karma, or threefold law.

Both terms as used in the West are the bastardized version of Indian Tantric practices. In reality most practitioners will not fall on either side, though some practices will be categorized as one or the other. For example, Demonolatry is categorized as a Left Hand practice due to its nature of taboo, however a practitioner can have both a strong moral code and be working towards merging into the entity of their choosing, which, as it is not focused on elevating yourself to a divine level, but rather on sacrificing yourself to join an already existing consciousness, would be a right hand path goal.

There are very militant communities that will be highly proud of being just one and not the other to an extreme level, so the basic knowledge of what the terms mean is an absolute necessity, though don't overthink where you fall on the scale as really there is no need.

Occult - the word is defined as "anything involving or relating to mystical, supernatural, or magical powers, practices, or phenomena" If you are studying any paranormal activity or practising any branch of magick you can class yourself as an occultist. Meaning if you don't find any other word to define yourself as, this one will do.

Paganism - the practice of worshipping any of the old Gods that are not entities from Christianity, Judaism and Islam. Some groups of pagans would hold more unified beliefs, such as nature being sacred, but holding these beliefs is not a requirement for being Pagan. Pagans shun practitioners that worship entities that other religions have vilified, that are now considered demons (for example Astaroth (used to be Astarte) and Lucifer), so in general if your entity is considered demonic, you will fall into the Demonolatry basket and not Paganism basket.

Parasites - or otherwise known as **parasite entities**. These are creatures that either would like to eat some of your energy (and can cause emotions depending on their preferred taste of energy), or will delight in trying to pretend to be your entity (this type is sometimes considered as a trickster entity, but for the purposes of this book, I'll group them together. If you have a feeling that the entity that you are speaking to is not your entity, ask the trickster their name, or their sign/ sigil, as most tricksters will not have the brain power to do so correctly). If you feel unusually tired, or emotional, or are seeing little shadows that give you bad feelings consider using any form of

banishment and reapply your protections and protective wards.

Technomancy - the use of technology in magick. This can range from doing divination using bot generated quotes, to writing an AI to write in Enochian language. As always chaos practitioners do what they do best and mix things up, meaning that as we have technology, someone is going to find fun ways of using it in their rituals. There are a couple books on the subject, I believe, sometimes under the name of cyber-magick. There is also technopaganism, that mixes technology with paganism.

Wicca - a very specific modern pagan religion, with some disagreements on which authors and traditions are allowed and which are not (some are sticking to the initiatory lineage of Gardner, for example). The key takeaways here that not all practitioners will be Wiccans and that Wicca is a very specific religion.

Witchcraft - use of supernatural powers to see or control people or events. This term used to apply only to use of spells to harm others, but has been reclaimed since. Not every religious practice will have witchcraft in it (so for example, a Pagan is not necessarily a Witch and a Witch can be Pagan if they so choose, or they can even be an Atheist). Any practitioner that practices any supernatural power (divination counts) can call themselves a witch.

We have reached the end of my fast, makeshift dictionary. For the most part I did not include terms that are used somewhere else in this book, as they would be explained in the appropriate sections. The purpose of this dictionary is to help you navigate the witchcraft and occult communities a little better, rather than to bring every occult word to your attention, so keep in mind that this is highly incomplete. A good suggestion would be to keep a practice notebook where you write down any terms that are important to you that you didn't know previously when you run into them.

Chapter 39 – How do I make a pact with the devil?

This chapter was written solely to cover some points in a manner where I can just direct those asking here instead of having to sound like a broken record by rephrasing the same information over and over again. I apologise if you, as a practitioner, saw this one and thought that it was ridiculous. If instead you had this exact question, but somehow read through the entire book and did not arrive at your own conclusions, read on! I admire your patience, though I am slightly confused how such question is still in your mind this far in.

Let us start by pointing that “The Devil” is not an entity. This word is used to personify all that one finds evil and can be falsely applied to many entities, though most commonly people mean either Satan, Lucifer, Beelzebub, Baal, or Iblis, though this word covers a much more extensive list of names. So your first step should be figuring out what entity you actually mean and take the steps to contact said entity. Read up on the entity. Try to be as open minded as possible, as all that the name “The Devil” stands may be absolutely nothing like what the entity is actually seen as and is like, remember that this title was meant to vilify rather than actually portray the truth.

Small point – if you arrived at Satan being your entity, there is a long debate happening on who exactly is Satan, as it is a title meaning “the Opposer”. Some will say that Samael is Satan, some will try to link the word to “Shaitan” which means an evil spirit in Islam, some will state that it represents the infernal all. In my personal opinion, at least someone is wearing that entity name currently as I have successfully invoked that presence before. It felt warm and gave me energy. I can not state that your experience will be the same, as I am not entirely sure who that name reaches, so it is a slightly dangerous entity to pursue for this specific reason.

Secondly, think long and hard about what you want to achieve with this pact. Small things you can petition for help from various entities without requiring anything on your side, sometimes you can offer an offering such as eating some food in their honour, or lighting a candle. If you want to make a pact, this desire has to be a big one, but also it has to be realistic. You will not get supernatural abilities, but you can ask for help in learning divination, astral projection, or spiritual knowledge about the other side. You will not get immortality, but you can ask for good health and a long life – reaching old age is not guaranteed for all of us, you know. You will not have a free money bag fall out of the sky for you, but you can feel inspired to chase a specific work direction and spend many decades working your way up into a comfortable life. This will, of course, require both physical and spiritual effort from you. You can not wish for a long life and then decide to eat junk and skip your exercise. Just as you can not make a long term deal with an entity and then ignore them from then onwards, you will be working with them, you will have faith and you will be religious in that sense of the word.

Now that you have a name and a goal, you can proceed right up to the start of the practical section and figure out how to contact an entity. Don't make pacts or devotionals right off the bat. See if they answer first, then see if the two of you work together. You want to feel safe, you want the energy to feel good and not disagree with you in any way and you want to make sure that the entity is similarly wanting to work with you long term. It very much takes two to tango.

I hope you'll leave this page with a renewed sense of direction if this is something that you still want to do. Otherwise I hope that I have sufficiently demystified this pact making business and got both the fear mongering by some specific religions and Hollywood's portrayal out of your head. No matter what entity you end up working with, even if it is the infernal divine, this is a journey of spirituality and not a one stop shop with massive sacrifices for massive gains. It is a journey of enlightenment and not a journey of criminal activity while sitting inside pentagrams. People come in various shapes, sizes and colours. Not everyone will feel pulled to fluffy bunnies and rainbows,

however you must understand that no matter how dark you find yourself, it will mostly be a lifetime working on yourself. It is not a path of self-destruction, but a path of confronting that part of you that leans differently and learning how to live with it and live well. Spiritual fulfilment feels similar no matter which way you are pulled, as your true path will still make you feel whole. So go back up to the start of the practical for this book and I wish you good travels.

Chapter 40 – Useful resources

During my practice I've amassed quite the bookshelf. Some books were helpful, some not so much. This is a chapter where I'm going to leave you some names and book titles that helped me to either navigate my own practice, inspired this book, or were useful in introducing me to a system even if I don't use it.

If **astrology** catches your fancy I highly recommend “**The Complete Astrological Handbook for the Twenty-first Century**” by **Anistatia R. Miller** and **Jared M. Brown**. I have deemed the basis of astrology to be too difficult for me to fit it into a small couple of pages primer for you. To give the example of difficulty of the subject – I consider this 597 page book to do an excellent job when it comes to giving someone an entry point into astrology. Yes, an entry point. It will help you to get to know both the history behind astrology and numerous different traditions around the world. You will be able to chart your own chart in various traditions just from reading this, though I do recommend figuring out which tradition pulls you and then diving deeper into that direction from there.

Is **black mirror scrying** something that you are interested in and you would like more than a couple pages on it? You can pick up a lovely small book from **Rosemary Ellen Guiley** by the name of “**The Art of Black Mirror Scrying**”. It is only 163 pages long and I can thank this book for everything that I know about black mirror scrying. Outside of the information given here it can provide you with some history, legends and ideas on what to do with it.

Did you think about involving **crystals** into your practice? **Scott Cunningham** wrote “**Cunningham's Encyclopedia of Crystal, Gem & Metal Magic**”. I primarily only use this book to identify properties of various crystals and gems, and as a useful tool to help me identify said rocks themselves. For those that require it, this book features ritual suggestions as to what you can do with each type of material together with a small dictionary at the end in case you don't understand certain occult terms.

Demonolatry is something that I am very well versed in and my favourite book by far on the subject is “**Lucifer and the Hidden Demons – A practical grimoire from the order of Unveiled Faces**” by **Theodore Rose**. Not all demon names will match the ones in Lesser Key of Solomon, but a good part of them are secondary names or different spellings of well known entities and connection is possible to find if you go looking for it. This book has been my introduction to the pathworking method (a method in which you gradually imagine a scene in order to better connect to the entity and then when you feel yourself in that space, you call out to them) and as someone that struggles with memory and doesn't particularly like elaborate rituals that has been perfect for me. As with all books, this one won't be for absolutely everyone, but if you are feeling pulled to this, it is worth a try.

Does **numerology** (determining one's fortune from the numbers that are dominant in their life) interest you? If it does, “**The Complete Book of Numerology – Discovering the Inner Self**” by **David A. Phillips** should be the book for you. The breakdown here was satisfactory enough that I did not feel a need to invest into any other books on the subject, though someone that decides to master this Art may still decide to.

To find out a bit more about **sigils** you should pick up “**Practical Sigil Magic – Creating Personal Symbols for Success**” by **Frater U. D.** This book breaks down the much harder to understand methods of Austin Osman Spare.

Tarot is something that is very dear to me. One book that stayed with me through the ages due to

being a convenient way of checking the meaning of the cards while also giving a rather optimistic interpretation of each one is “**Tarot for Beginners – A Guide to Psychic Tarot Reading, Real Tarot Card Meanings, and Simple Tarot Spreads**” by **Lisa Chamberlain**. Majority of the contents of this book is just card meanings. There are other places to find that, but it carries a certain flavour of explanation that went down really well with me, so if you need a small booklet to remind you what are the meanings of the cards, this is a good one.

For **energy work** I highly encourage you to read books by **Michelle Belanger**. **The Psychic Energy Codex** will provide you with a much slower and more in-depth dive into energy work than what I managed to outline. The book covers finding your clairsenses, meditation, fun little exercises, visualization, grounding, seeing aura and more. It is not meant for advanced practitioners, but if you feel like you can't quite get the hang of what was disclosed in this work, you may want to try a slower approach. The writer also has sources on energy vampirism, though I must admit I did not read them, though I have spent time in their community before and it has greatly helped me on my journey.

I must point out that I am in no way affiliated with any of these authors. This chapter was simply made to give you directions that I found useful. I hope this information somewhat helps you too. Happy reading!

Chapter 41 – Last bits of advice from me to you

Don't feel the pressure to define yourself. If I was trying to explain my practice, I would need to string a very long sentence of all the things that I do practice and this is fairly impractical, so I just define myself by my faith and everything else falls second. Most definitions floating around nowadays are more like a mood board and less a practice. Someone deciding that they are a “sea witch” may be pushing away other elements that would have been more than agreeable for them to incorporate into their practice, just because they felt the pressure to apply an arbitrary label.

Don't let anyone control you. You will run into practitioners that will try to raise their own self-value by putting you down. Shut those kind of conversations down immediately. Sometimes someone may even attempt to give you well meaning guidance, but their way of interpreting things may be entirely wrong, so go with your intuition. Just because someone has been practising for longer than you, it does not make them correct when it comes to your life and your spirituality, as in the end this is your path and you should walk it. Take the advice, but if it feels incorrect don't force yourself to follow it.

Beware of anyone offering to school you in magick for money. There are licenses and degrees in things that leave all the generational occultists scratching their head. “Certified tarot reader” is not a thing, nor is a “licensed shaman”. I know many good people running their own little courses. Not every course is “bad” per se, but if you are planning on entering one, do so because you want to hear more opinions and ideas about a particular field, or due to perhaps wanting to find information that you haven't encountered yet, not because you think you must, or because “this course will make you a true witch”, no course and every course can do that, as you are a witch from when you start calling yourself one.

Do not worship people, or works that said people produced. Information should not be true, because so and so said so, or because you have read it in a specific old grimoire, information can only subjectively be true for you if the method that is provided works for you. I state “subjectively” because understanding that there is no one true objective reality when it comes to magick will do you a great service – someone may be getting great results with a system that you saw none from and you may find yourself achieving more by doing the opposite of what others are doing. Accepting that there is no one correct way saves you from unnecessary arguments of “this can't be true because it did not work for me”, or “my way is the true right way as I achieved good results doing the opposite of what you do”.

As an expansion on the previous point, do not be surprised to encounter a world-view that entirely clashes with your own. It may be something as small as using or not using elements in a practice, to something as big as trying to decide if we are all one being. Investigate views that are not your own. It may prompt you to come up with a new theory, or you may find parts of their theories that entirely resonate with you. Save these nuggets.

Do not catch magusitis, where you start to believe that you are more important than everyone around you, or that you know all there is to know, or that you are in any way better than other practitioners traversing with you. The only thing that big ego helps with is slowing down progress. Do not try to shove your truths down other people's throats. Let them have a journey of their own. Do not get into a yelling match about how your theory is better than another person's theory. This helps no-one. If you want to give someone advice, do not use the word “should”, use the word “can”. For example “in your situation you can do this”. The only time this sequence should be broken is if you are teaching someone in a set in stone practice that absolutely can not have variations and one must repeat the rituals word for word to make them effective. The odder examples of magusitis that I have seen included people separating practitioners and non

practitioners while having some sort of superiority complex, like we are living in a tribal magickal society, people that believed that no-one but them had a soul and therefore only existed to please their needs (or variations of this where only some people are believed to have a soul), or being absolutely certain that they are a God themselves, entering Pagan spaces and being surprised when no-one worships them.

For the sake of humanity as a whole avoid starting a religion, or a cult. It never ends well. There are multiple new ones popping up all the time and normally it is just someone with a case of too much importance declaring themselves important. You don't need that in your life.

Remember to have fun. This is your spirituality. Your life. It should be a gentle journey of self improvement, of rediscovery and curiosity, it should not weigh you down. There will be trials, but that is just life in general. Sometimes things don't work out, sometimes we need to learn harsh lessons, but these low points must be tempered by good times. Take this as an art. Let yourself enjoy the journey.

And this will be all. If you have read this far, I thank you from all my heart. If you found this book helpful nothing would make me happier than to see it spread. Share it with a friend, or two, or as many as you wish. It may not help me material wise, but it will make my heart sing. In fact it is already singing, because you made it through the entire book. And the book was my journey in my words. So I am honoured that you took it with me. Thank you.